



THE EMBLEM

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'Back in the Saddle' training focuses on safety

Sgt. Brandon L. Saunders
Combat Correspondent

Marines, Sailors and Civilian-Marines stationed aboard Marine Corps Logistics Base Albany received 'Back in the Saddle' training at Thomason Gym, Jan. 8.

Marine Corps Logistics Command hosted the training.

Back In the Saddle training is an organized, all-hands, training regimen which reiterates and stresses responsibility and safe practice in and out of the workplace in an effort to minimize accidents and keep personnel safe.

The training began with opening remarks from Col. Yori Escalante, chief of staff, Marine Corps Logistics Command. Escalante prefaced the training with stern words of caution, warning the audience about complacency in the workplace.

"We work in an inherently dangerous environment," Escalante said. "Regardless of whether someone is in combat with a hostile enemy shooting at you or not, the environment can still be dangerous."

Following Escalante's opening remarks, he introduced Bo Irvine a traveling risk management specialist and comedian from Hawaii who talks about safe habits in a comedic manner. Irvine, nicknamed, "the Hawaiian King of Comedy," entertained the audience but was sure to reiterate the importance of safety.

"The reason why accidents happen in the workplace is because you do not



Sgt. Brandon Saunders

Bo Irvine, a traveling risk management specialist and comedian from Hawaii, entertain Marines, Sailors and Civilian-Marines stationed aboard Marine Corps Logistics Base Albany during 'Back in the Saddle' training at Thomason Gym, Jan. 8.

view the workplace as somewhere you can get hurt," Irvine said.

In between jokes, he shared life lessons and personal anecdotes while acknowledging that safety goes beyond the battlefield.

"When Marines are in combat,

they're at their highest level of risk aversion," Irvine said. "We should work to be that way all the time."

At times throughout the training, the audience roared with laughter. Once he had everyone's attention, he echoed Escalante's words in demand-

ing safe and responsible practice at home and at work.

"If there is ever a decision to be made, do it and err on the side of safety," Escalante said.

brandon.saunders@usmc.mil

TRICARE Prime service area changes

Amaani Lyle
American Forces Press Service

WASHINGTON — Active-duty service members and their families will be unaffected when long-delayed reductions to areas where the TRICARE Prime option is offered take place Oct. 1, TRICARE officials said.

But as TRICARE seeks to synchronize service area shifts once staggered by contract delays, some military retirees and their dependents will be moved to TRICARE Standard coverage, S. Dian Lawhon, beneficiary education and support division director, said.

Those affected reside more than 40 miles from a military treatment facility or base closure site, she said.

The new contracts limit Prime networks to regions within a 40-mile radius of military treatment facilities and in areas affected by the 2005 base closure and realignment process, she explained. But provisions will allow Prime beneficiaries who see providers outside the 40-mile service area to remain in Prime if they reside within 100 miles of an available primary care manager and sign an access waiver, she added.

"If TRICARE retirees and young adults live less than 100 miles away from a remaining Prime service area, they can re-enroll in Prime by waiving their drive standards and there will be room made for them," Lawhon said, adding that the networks are required to connect providers to those who elect to waive their drive standards.

Contractors such as United HealthCare Military & Veterans, Health Net Federal Services and

See **TRICARE**, page 6

MMEA Roadshow

Monitors educate Marines in career paths, discuss future assignments

Nathan L. Hanks Jr.
Editor

Marine Corps Logistics Command and Marine Corps Logistics Base Albany leathernecks met with Headquarters Manpower Management Enlisted Assignment monitors during a visit held at the Base Conference Center, Jan. 10.

The MMEA team conducted 100 interviews during the one-day session, which was sponsored by a collaborative effort between MCLC and MCLB Albany. The monitors also traveled to Blount Island Command, Jacksonville, Fla., and conducted 34 interviews and two from Recruiting Station Jacksonville, Fla., Jan. 11.

"The purpose of the visit was to afford enlisted Marines the opportunity to have direct contact and personal communication with their respective occupational field monitors for future assignments," Master Sgt. Jason E. Spangenberg, career planner, MCLC, said.

According to Marine Administrative Message 301/12, Fiscal Year 2013 Enlisted Retention Guidelines, retaining the best Marines is vital to build-



Nathan L. Hanks Jr.

Sgt. Irvin Stalls, left, license examiner, Fleet Support Division, Marine Corps Logistics Command, meets with Master Sgt. Sean M. Weeks, motor transportation maintenance monitor, Headquarters Marine Corps, Quantico, Va., during a Headquarters Manpower Management Enlisted Assignment visit held at the Base Conference Center, Jan. 10.

ing and sustaining the Marine Corps' enlisted career force. The Marine Corps' emphasis on retention as a function of command and the demonstrated

See **MMEA**, page 6

Around the Corps

Brig. Gen. Margaret A. Brewer, the first female Marine to be promoted to brigadier general, died Jan. 2. For her accomplishments and how she helped shape the Corps, see page 3.

MCLB Albany Weather

Friday Saturday Sunday



Sunny

Hi 58, Lo 32



Partly Cloudy

Hi 63, Lo 40



Sunny

Hi 65, Lo 35

Social Media

Follow the latest happenings on base via Facebook and Twitter:



'Marine Corps Logistics Base Albany, Ga.'



'MCLBAlbany'

MCLB Albany Updates

Welcome Aboard brief date set

A welcome aboard brief is scheduled today from 8-11:30 a.m. in Building 7200.
For more information, call 229-639-5278.

Marine Corps Exchange open during MLK holiday

The Marine Corps Exchange will be open on Dr. Martin Luther King Jr. holiday from 9 a.m. - 6 p.m.
For more information, call 229-888-6801.

Tax center opens soon

Marine Corps Logistics Base Albany's Tax Center is scheduled to open Tuesday.
The center will be located in Building 3500, Room 10.
The hours of operation are Mondays-Fridays from 8-11:30 a.m. and 1-4 p.m. Tax preparation is by appointment only.
For more information, call 229-639-6186.

Marine and Family Services plans PCS brief

A permanent change of station brief is scheduled for Jan. 24 from 8-11 a.m. at Marine and Family Services in Building 7200.
For more information, call 229-639-5278.

Marine Corps Exchange and Information, Tickets and Tours closes for inventory

The Marine Corps Exchange and Information, Tickets and Tours will close Jan. 28 for inventory.
For more information, call 229-888-6801.

Marine Corps Exchange gas pumps close for tank testing

The Marine Corps Exchange gas pumps will close Jan. 28 for annual tank testing.
For more information, call 229-888-6801.

Deer strikes rise during hunting season

Base officials urge everyone to use caution during the

morning and evening commutes and to be on the lookout for animals crossing the road.

If a deer is struck aboard the base, motorists are required to report it to the Marine Corps Police Department at 229-639-5181.

Commissary offers Rewards Card

The free Commissary Rewards Card is available at the Commissary.

It 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.

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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Editorial content (i.e., all content other than paid advertisements) is prepared, edited and provided by the Public Affairs Office staff at MCLB Albany, Ga.

Base Theater movies



**The Hobbit:
An Unexpected Journey**
3D "PG13"
Friday, 7 p.m.



**Cirque du Soleil:
Worlds Away**
3D "PG"
Saturday, 7 p.m.



**The Hobbit:
An Unexpected Journey**
3D "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

YMCA Spring soccer, T-ball registrations begin

Parents wanting to register their children for YMCA Spring soccer, T-ball and Itty-bitty T-ball may apply at Thomason Gym, which ends Jan. 30.

For details on age, fees and season dates, call 229-639-5246.

Information, Tickets and Tours sells race car, basketball tickets

Information, Tickets and Tours has 2013 Daytona 500 and Atlanta Hawks tickets available for purchase.

For more information, call 229-639-8177.

Fitness center staff provides yoga classes

Daniels Family Fitness Center staff offers yoga classes every Monday from 9-10 a.m. and every Tuesday from 4:30-5:30 p.m. at the fitness center.

For more information, call 229-639-6234.

MCFTB hosts Mommy and Me Playgroup

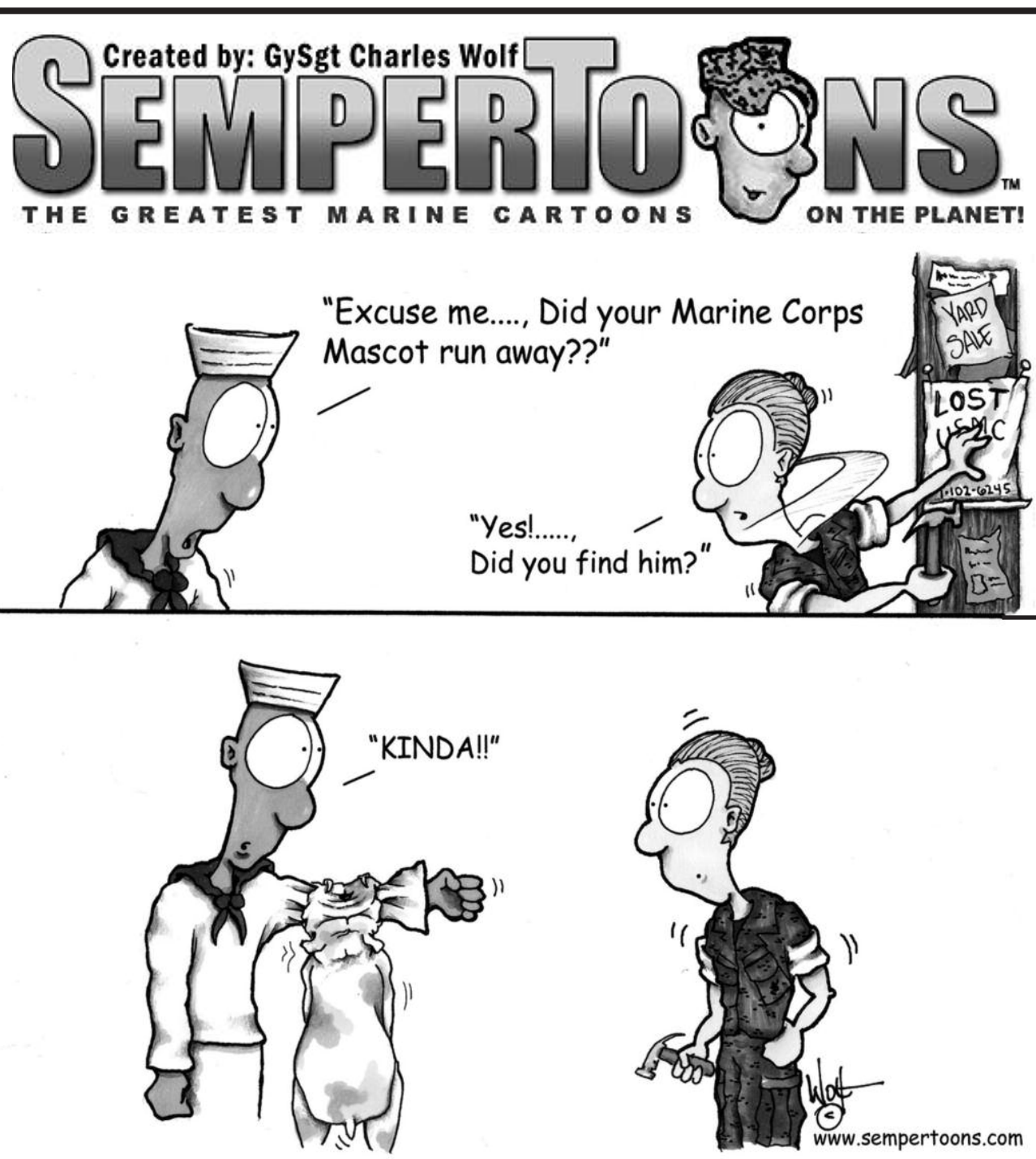
Marine Corps Family Team Building hosts Mommy and Me Playgroup Tuesdays and Thursdays at the Chapel Annex from 9:30-10:30 a.m.

For more information, call 229-639-7930.

Fitness center offers fit club

Daniels Family Fitness Center hosts Spouses Friday Fit club Fridays from 10-11 a.m.

For more information, call 229-639-6171.



Woman of many firsts:

Marine female general blazes trail for others to follow

Sgt. Priscilla Sneden
Headquarters Marine Corps

FORT GEORGE G. MEADE, Md. — Brig. Gen. Margaret A. Brewer, the first woman to be promoted to brigadier general in the Marine Corps, passed away Jan. 2 at the age of 82.

Brewer cleared the way for future female Marines throughout her career, Gen. James F. Amos, commandant of the Marine Corps, said.

"Throughout her three decades of service to our Corps and country, she truly led from the front and helped the Marine Corps integrate women more fully into the force," Amos said.

In a June 7, 1980, article in the Owosso, Mich., newspaper, *The Argus-Press*, Brewer said she "never considered any other service ... my mother insists I was singing the Marine's Hymn when I was only five years old."

Brewer's desire to be a Marine was reaffirmed by a stirring speech heard while still in high school. Her mother, Anne Brewer, took her to hear a speech from the Marines who raised the flag on Iwo Jima.

After responding to an advertisement in the college newspaper and successfully completing two six-week officer candidate-training sessions, the University of Michigan graduate accepted an appointment as a second lieutenant in the Marine Corps in March 1952.

Like thousands of Marines today, she joined amidst a war - the Korean War.

Early in her career, the Durand, Mich., native made strides to integrate female Marines into the male-dominated Corps.

Brewer was one of the first women subsequent to World War II trained in communications. She received on-the-job training as a watch officer at Marine Corps Air Station El Toro, Calif. At the time, women weren't authorized to attend technical schools. Shortly thereafter, she transferred to Brooklyn, N. Y., to establish the first women's communications platoon within the reserve program.

From 1956 to 1958, then Capt. Brewer served as commanding officer of the woman Marine companies at Norfolk, Va., and Marine Corps Base Camp Lejeune, N.C. She went on to serve as a platoon commander for woman officer candidates at Marine Corps Base Quantico, Va., and as a woman officer selection officer in Lexington, Ky.

"She served during an era when many thought women had no place in the Corps, but she proved critics wrong time and time again."

**- Gen. James F. Amos,
Commandant of the Marine Corps**

Brewer spent three years at Marine Corps Base Camp Pendleton, Calif., where she oversaw the operation of the mess clubs and was promoted to major in 1961.

In 1963, Brewer returned to Quantico to serve as the executive officer and later commanding officer of the Woman Officer School. She oversaw female officer candidates training as well as enlisted women's training at the noncommissioned officer leadership school.

In 1966, Brewer transferred to 6th Marine Corps District in Atlanta to be the public affairs officer and was subsequently promoted to lieutenant colonel, the most senior rank women could hold at the time.

She assumed the public affairs officer billet with no formal training besides a two-week course at the Defense Information School at Fort Benjamin Harrison, Ind.

Capt. Jack Paxton, now retired, remembers checking into 6th MCD as a newly commissioned second lieutenant, formerly a master sergeant, who had just returned from service in Vietnam.

"She did not know what to make of me at first," he recalled with a chuckle during a phone interview.

He remembered Brewer as a soft-spoken woman who had her own style.

"She was tremendous," he said. "If she had to admonish you for anything, she would take you aside to tell you you did this right or you did this wrong."

"I learned a lot from her," he said.

Brewer served during a time filled with changes for women in the armed services.

Then President Lyndon B. Johnson repealed Public Law 90-130 Nov. 8, 1967, removing the



Marine Corps History Division

Brig. Gen. Margaret A. Brewer, the first female Marine to be promoted to brigadier general, was promoted by Gen. Louis H. Wilson, former commandant of the Marine Corps, and her mother, Anne Brewer, during a promotion ceremony held May 11, 1978.

limit on the number of women in service and granted women promotion to colonel.

In 1968, Brewer assumed responsibility as the deputy director of Women Marines at Headquarters Marine Corps, during which she was promoted to colonel. Her responsibilities included the inspection of all female Marines from clothing, personnel and training to facilities and health, welfare and morale. Soon after her arrival, the Inspector General team assumed responsibility of inspecting women just as they did men, as the Corps further pushed integration of the sexes.

Brewer returned to Quantico in 1971 to serve as assistant to the director, and chief of the support department for the Marine Corps Education Center.

In 1972, then Commandant of the Marine Corps Gen. Robert Everton Cushman, Jr., changed existing policy to allow women to be assigned to the Fleet Marine Force units.

The next year, Brewer became the seventh and final director of Women Marines, advising the commandant and his staff on matters pertaining to women in the Marine Corps.

"Many people felt that the women were somehow a separate Corps, which was never the case," Brewer said in a 1983 interview with the Marine Corps History Division. "But that was

the perception there sometimes was because of the separate women's administrative units as well as the fact there was a director of women Marines."

During her time as director, Brewer actively fought to preserve women's presence in the Corps and better integrate them with their male counterparts.

Separate women Marine companies were disbanded, and women became eligible for career-type formal and technical training and to obtain the rank of sergeant major.

Brewer played a crucial role as the Corps began to develop regulations for pregnancy and parenthood. The principles adopted then, are still in place for female Marines today.

"We required that the woman inform the commander she was pregnant," Brewer said. "She would be counseled in the fact that if she remained in the Marine Corps, she would have to fulfill all of her responsibilities to the Marine Corps, and she would not receive preferential treatment as far as assignments were concerned."

As her tenure progressed, women were allowed in all military occupational specialties, except small arms technicians, pilots, aircrew and infantry and artillery fields.

Women slowly began integrating into training at Officer Candidate School and The Basic School.

Working alongside the deputy chief of staff for manpower, Brewer summarized recommendations and submitted a report to Cushman, suggesting how to more effectively use women within the Corps.

One recommendation was to review all existing regulations and policies, eliminating or revising those that differentiated between the treat-

ment of men and women without valid, rational justification.

Cushman further directed immediate action to assign women more challenging billets, to include direct assignments to command and prestigious career-enhancing staff jobs.

The most controversial of the recommendations pertained to the establishment of a pilot program to assign women to the Fleet Marine Forces.

"This was really a significant change in policy because of course the FMF are the combat forces of the Marine Corps," Brewer said in the 1983 interview. "And here we were establishing this program that indicated women would be assigned to these combat forces, although not in a combat role as such."

The pilot program, which consisted of sending 10 to 20 female Marines to the 1st Marine Division and 2nd Marine Aircraft Wing respectively, was deemed successful, and female Marines have served alongside their male counterparts ever since.

"It was a great transition during this period of time," said Brewer. "Not only were new occupational fields being opened to women, training programs changed. There were also planned increases in numerical strength goals."

In 1978, as the Corps made strides to further integrate women and expand their roles, the Office of Women Marines disbanded, and Brewer returned to the public affairs field.

While serving as the deputy director of the Division of Information at Headquarters Marine Corps, then President Jimmy Carter nominated her for appointment to brigadier general. The Corps was the last of the services to appoint a female flag officer.

Brewer made history May 11, 1978, as she became the first female general officer in the Corps.

"I knew there were many people who were surprised the Marine Corps did promote a woman to general officer rank," Brewer said. "When I was selected, I knew there would be interest because it was a first, but I was not expecting quite the great amount of interest that was expressed because there had been women general officers and admirals in the other services for a number of years."

Brewer had one more first in her career. The Division of Information was redesignated as the Division of Public Affairs Dec. 1, 1979. Brewer then became the first director of Public Affairs. She served in that capacity until retirement in July 1980.

"It's never easy being the first, but she was both the first female general officer and the first director of Public Affairs and met the challenges and responsibilities of each with professionalism and grace," Amos said.

Following her retirement from the Corps, Brewer served in several roles with the Arlington diocesan Catholic Charities.

"I was deeply saddened to learn of the loss," Amos said.

"She served during an era when many thought women had no place in the Corps, but she proved critics wrong time and again," he said. "Brigadier General Brewer was an amazing and courageous woman who has left an indelible mark on the rich legacy of our Corps, and she will be missed."

Safety officials stress hearing loss awareness

Stacey Williams
Safety and Occupational Health Specialist

According to the Center for Disease Control and Prevention, four million workers go to work each day in noise hazard environment. Also, ten million people in the U.S. have a noise-induced hearing loss.

These noise statistics are no exception to the Marine Corps Logistics Base Albany and tenant personnel.

The presence of noise can have devastating effects on hearing ability among workers, and can result in reduced job performance. Noise-induced hearing loss is gradual and once the hearing ability is damaged, the effect is permanent.

One of the first signs of hearing loss is found where an employee finds it difficult to understand normal conversation with someone standing two feet away. Other signs include:

- * When a person start raising his or her voice to talk to people in close proximity
- * Feeling of ringing sensations in the ears or poor hearing after a day's work
- * Have trouble hearing a speech, but can hear normally again after a few hours off the job

* If someone frequently asks other people to repeat what they have said

Every individual responds to noise in a different way and the exact level at which noise becomes a problem is unknown.

The amount of damage caused by noise depends on the total amount of noise received over time.

This means, as noise becomes louder it causes more noise-induced hearing loss in less time.

The United States Department of Labor Occupational Safety and Health Administration has deemed certain levels of noise as a risk factor for developing noise-induced hearing loss.

For instance, repeated exposures to noise levels between 85 to 90 decibels presents greater risk while an exposure to noise levels between 75 to 80 decibels is considered as a small risk.

According to OSHA, the acceptable noise exposure standard in the workplace is 85 decibels averaged over a period of an eight-hour shift.

This, however, is not to imply that below 85 decibels, noise-induced hearing loss does not exist.

It simply means that an eight-hour exposure of 85 decibels is considered to represent an acceptable level of risk to hearing health in the workplace.

The hierarchy of control methods OSHA requires supervisors to incorporate for preventing noise-induced hearing loss is engineering controls, administrative controls and as a least-preferred method, is wearing of hearing protection devices.

Other methods include:

- * Eliminating the source of the excess noise by replacing the machines that produces noise, or using sound dampeners or silencers to reduce the transmission of noise.
- * Educating and training workers on the preventive measures and dangers of overexposure to noise.
- * Providing hearing protection devices such as earmuffs, earplugs or noise cancelling headsets.

There are four Ps to remember about noise induced-hearing loss: painless, progressive, permanent and preventable.

It is the responsibility of supervisors and workers to realize the long-term dangers of repeated noise exposure and know how to take appropriate measures to reduce noise-induced hearing loss.

For more information, visit website <http://www.cdc.gov/niosh> and search the keywords "Noise in Workplace."

Benefit Run for K9 for Warriors

Deerfield Windsor School and St. Paul's Episcopal Church sponsored a Benefit Run for K9 For Warriors Jan. 5 at the Marine Logistics Base in Albany, Georgia. The benefit run's objective was to assist a local veteran in getting a service dog through the K9 for Warriors organization.

The K9 for Warriors Organization rescues dogs in shelters and trains them to assist war veterans suffering from post-traumatic stress disorder.

The race course showcased the base to include a variety of military vehicles Marine Corps Logistics Command is responsible for maintaining and providing to the Marine Corps.

Almost 250 registered runners took to the installation roads in chilly weather to compete in the 5K.



Catherine Jones

Area cross country runners dominated the men's race, with Southland Academy's Billy Calcutt winning the overall men's competition.

MCLB Albany's own, Sgt. JoAnne Sudduth was the women's overall winner.

Cross country runner, Kassydy Usry took the 1-mile competition in the women's division, while Jack Davis took the men's top honor.

TRICARE, from page 1

Humana Military will continue to assist beneficiaries in obtaining providers in their regions, she added.

"Health care is best if it's local," Lawhon said. "We've established the drive standards (to enable) people to access their primary and specialty care within a reasonable period of time."

Austin Camacho, TRICARE's benefit information and outreach branch chief, said the out-of-pocket, fee-for-service cost of TRICARE Standard would cost a bit more, depending on the frequency of health care use and visits. No cost applies for preventive care such as mammograms, vaccines, cancer screening, prostate examinations and routine check-ups, he added.

Officials estimate the changes will lower overall TRICARE costs by \$45 million to \$56 million a year, depending on the number of beneficiaries who choose to remain in Prime, Camacho said.

Lawhon and Camacho said beneficiaries should speak to their health care providers and families to assess the best course of action.

"We're hoping people will take a careful look at their health care needs," Lawhon said. "We have seen that people using the Standard benefit are very pleased with it, and their customer satisfaction is the highest of all."

MMEA, from page 1

willingness of proven performers to stay Marine has yielded an unprecedented level of retention achievements since Fiscal Year 2007. These achievements have been critical to shaping the enlisted career force while also contributing to meeting key end strength missions.

The command-sponsored trip was led by SgtMaj. John Armstead, sergeant major, MMEA, Headquarters Marine Corps, Quantico, Va.

"We want to meet with the Marines to help shape their careers," he said. "We want to set each Marine up for success by mentoring and educating him or her on what he or she should do when it comes to requesting orders for future assignments."

Armstead said he was concerned about sergeants who are close to their service limitations.

"If Marines are between the 8- to 10-year window and there is no opportunity to get promoted in their military occupational specialties, they need to seriously consider a lateral move," he said. "Marines should look at MOSs that are in need of personnel. The promotion potential is greater if they lateral move rather than stay in their current MOSs."

Armstead advises Marines to check the requirements and make sure they are qualified before submitting their requests.

"Some MOSs have a minimum of 36 months obligated service," he said. "If a Marine waits until his or her 10-year mark, we are probably not going to give him or her an additional 36 months for a lateral move. The sooner a Marine makes a decision, the better."

Marines should consider special duty assignments, Armstead said.

"Senior leaders throughout the Corps need to focus on taking care of young sergeants and make sure they are given every opportunity to succeed in the Marine Corps, whether that is an special duty assignment or lateral move so they can be competitive for staff sergeant," he said.

Armstead said anytime he could sit down and talk to one or a hundred Marines, it is a successful trip.

"Meeting one-on-one with a Marine is one of the most important functions of being a monitor because

the Marines get to learn so much from hearing and talking to their individual monitors," he said.

Sgt. Irvin Stalls, license examiner, Fleet Support Division, Distribution Management Center, MCLC, was among several Marines who lined up early to meet his monitor and go through the screening process.

Stalls, a motor transportation operator, said he did not have a duty station preference just as long as his next assignment fulfills the MOS roadmap he needs to have a successful career.

A MOS roadmap is intended to aid Marines in making intelligent decisions regarding their career paths, regardless of whether that career spans four years or 30 years, according to Stalls.

"The monitor recommended I extend my contract one year and stay here with hopes of being in zone for promotion to staff sergeant next year," he said. "We also talked about my next duty station possibly being with the 3rd Marine Aircraft Wing at Marine Corps Air Station Miramar, California."

Stalls' career assignments include 3rd Marine Logistics Group, Okinawa, Japan; 1st Tank Battalion, Twentynine Palms, Calif.; Chemical Biological Incident Response Force, Indian Head, Md.; 2nd MLG, Camp Lejeune, N.C.; and here.

Stalls has been in the Marine Corps for more than 10 years and considered the MMEA visit a success.

"Now I know what is available outside of Marine Corps Logistics Base Albany and where I stand in my career," he said. "Now it is just waiting on the staff sergeant promotion board."

Stalls met with Master Sgt. Sean M. Weeks, motor transportation maintenance monitor, Headquarters



Nathan L. Hanks Jr.

Sgt. Irvin Stalls, left, license examiner, Fleet Support Division, Marine Corps Logistics Command, shakes hands with Master Sgt. Sean M. Weeks, motor transportation maintenance monitor, Headquarters Marine Corps, Quantico, Va., after completing his interview during a Headquarters Manpower Management Enlisted Assignment visit held at the Base Conference Center, Jan. 10.

Marine Corps, Quantico, Va.

"My job is to look at the big picture around the world, as well as the Marine's individual career, to make sure the next assignment will help shape his or her future by giving him or her a different kind of job," Weeks said. "This will give the Marine the next level of supervision as a noncommissioned officer or the next level of experience he or she will need to help progress in a career in the Marine Corps."

Spangenberg said the MMEA made his job easier. "As a career planner, it is my job to talk to MMEA on behalf of the Marines," Spangenberg said. "After talking to the monitors, I tell the Marines where they can go and what vacancies are available."

Spangenberg and Sgt. Joshua Loflin, career planner, MCLB Albany, said the visit removed them from the middle and allowed the Marines to interact with their monitors one-on-one.

"The MMEA visit helps the Marines understand the critical role career planners play in their futures and that we are the 'middle man,'" Spangenberg said.

Approved leave donation requests

The following employees are approved as leave donation recipients:

* A member of Marine Depot Maintenance Command needs donations due to a family emergency.

* Jaclyn Beckum, Marine Corps Logistics Command, needs donations due to medical reasons.

* Abraham Brown, Marine Corps Logistics Base Albany, needs donations due to a medical emergency.

* Phyllis J. Lewis, Marine Corps Logistics Command, needs donations due to back surgery.

* Donna McNair, MDMC, needs donations due to surgery.

* Carrie Smith-Graef, MCLC, needs donations due to a medical emergency.

For more information, call the Labor/Employee Relations Office at 229-639-5255/5228.

The four elements of

1. Management leadership and employee involvement
2. Work site analysis
3. Hazard prevention and control
4. Safety and health training

VPP

Use *The Emblem* classifieds to sell items.

Kudos Korner

Awards

(December)

Marine Corps Logistics Command

Navy and Marine Corps Commendation Medal

Maj. James S. Birgl

Capt. Billy J. Kelley, Jr.

Gunnery Sgt. Jon L. Swan II

Navy and Marine Corps Achievement Medal

Staff Sgt. Zachary B. Williams

Sgt. Matthew T. Boulden

Sgt. William A. Hodges

Certificate of Commendation

Sgt. Irwin L. Stalls

Sgt. Essic D. Stroman

***Congratulations
and Semper Fidelis!***

Transition Readiness Seminar schedule

The following Transition Readiness Seminar dates are provided for Marines leaving the Marine Corps.

Feb. 4-8

June 3-7

Oct. 7-11

March 4-8

July No class

Nov. 4-8

April 1-5

Aug. 5-9

Dec. No class

May 6-10

Sept. 9-13

FLEET RESERVE ASSOCIATION MONTHLY MEETING SET

The Fleet Reserve Association Local Branch #339 will hold its monthly meeting Tuesday at 6 p.m. at the Veterans of Foreign Wars Building located at 315 Philema Road, Albany, Ga.

All Marines, Sailors and Coast Guardsmen, past and present, are invited to attend.

For more information, call Ron Delaney at 229-403-2565 or visit the website, www.fra.org.