



Inside the Gate



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Naval Construction Battalion Center, Gulfport, Mississippi

Oct. 11, 2016

www.cnbc.navy.mil/gulfport

Fire Prevention Week - Oct. 9-15 - It's that time of year again, to focus on fire safety for you and your family. This year's Fire Prevention Week campaign, "Don't Wait - Check the Date! Replace Smoke Alarms Every 10 Years," represents the final year of our three-year effort to educate the public about basic but essential elements of smoke alarm safety. Why

focus on smoke alarms three years in a row? Because NFPA's survey data shows that the public has many misconceptions about smoke alarms, which may put them at increased risk in the event of a home fire. To schedule fire extinguisher training and fire prevention brief, please email Inspector Ducote at William.ducote@navy.mil. First come, first serve.

Hispanic Heritage Month Observance

There will be a Hispanic Heritage Month Observance at the Colmer Dining Facility at 10 a.m. Oct. 12. Everyone is invited.

SERVMART Closure - SERVMART will be closed Oct. 13-14 for inventory. For more info, call 228-871-2175.

Fright Night is coming

Join us Oct. 28 from 6 to 8:30 p.m. for a night of frightfully good fun including Haunted Maze, Hayride, Trick-or-Treat, Kids Games & Prizes, Children's Costume Contest, Food Vendors and fun for all ages! Vendors still have time to sign up before Oct. 14 by emailing NCBC_Gulfport_MWR@navy.mil to request a vendor form!

FLU SHOT-EX DRIVE THRU

There will be a Flu shot-ex drive thru for all DoD card holders and beneficiaries Nov. 5 from 11 a.m. to 4 p.m. in the parking lot of the Fleet and Family Support Center; and no one has to get out of their vehicle. The Naval Branch Health Clinic Gulfport staff would like to immunize as many beneficiaries as possible with the Flu shot for 2016 -17 season. Mission readiness depends on this evolution. Any questions can be directed to LCDR Wiederien at 228-822-5773 or Robert.c.wiederien.mil@mail.mil

Fleet and Family Support Center

Happening at Fleet and Family Support Center - Call FFSC at 228-871-3000 for more information or to sign up.

- **October is Domestic Violence Awareness Month** "Speak up Against Domestic Violence."
- **V. A. Benefits**, Oct. 18, 8-10 a.m. This class provides additional information about benefits of the V. A. system, its procedures and paperwork. Please call (228) 871-3000 to pre-register.
- **CAPSTONE Event**, Oct. 18, 10 a.m.-noon. For separating or retiring personnel, this session is when you get your "required" paperwork signed off by a Transition specialist. Pre-registration is not required.
- **Baby Boot Camp**, Oct. 20, 8 a.m.-noon. For expecting individuals/couples and those who has a baby six weeks old or less. Please call (228) 871-3000 to pre-register.
- **Smooth Moves**, Oct. 25, 9-11:30 a.m. This class is a must for anyone who has orders to move within the next six months. Please call (228) 871-3000 to pre-register.
- **Career Fair**, Oct. 27, 10 a.m.-1 p.m. Several hiring employers will be present, and attendees are encouraged to dress in preparation for an interview and to bring a resume. Pre-registration is not required.

Looking to earn a medical degree?

NAVADMIN 202/16 FY-17 ENLISTED TO MEDICAL DEGREE PREPARATORY PROGRAM ANNOUNCEMENT (EMPD2) provides detailed information for highly motivated enlisted personnel of all ratings, who meet eligibility requirements, to participate in a two year medical preparatory program. EMPD2 allows the service members to attend college while remaining on active duty. Furthermore, they will continue to receive all pay, allowances, benefits, and privileges reflective of their current pay grade. Please keep in mind the program is very demanding! It consists of intensive coursework, preparation, and mentoring to prepare students for application to medical school. Deadline for fiscal year 17 submission is Nov. 1. Please read NAVADMIN 202/16 in

its entirety before scheduling an appointment with your Command Career Counselor.

Seabee eCourier Daily

Read the Seabee eCourier on a more frequent basis at: <http://tinyurl.com/CBCCourier>

Security

NCBC Traffic Instruction/Traffic Rules: Speed limit on base = 25 mph unless otherwise posted. Come to a complete stop at all stop signs. No use of cell phones while driving anywhere, anytime!

NMCRS Thrift Shop

New Thrift Shop Hours - The Navy Marine Corps Relief Society Thrift Shop hours are now Tuesdays, Wednesdays and Fridays from 9 a.m. to 1 p.m. They are closed Thursdays.

Volunteers are needed at the Thrift Shop - Manager/Lead - 10 to 15 hrs week (Can be shared position for two people) and general volunteers - 6 hrs week. Volunteers reimbursed for mileage and child care paid while volunteering.

Seabee Memorial Chapel

What's happening at the Seabee Memorial Chapel - Visit the Chapel Facebook page for updates: <https://www.facebook.com/ncbcchapel>, email: gulfportchapel.fct@navy.mil, or for more information, please contact: RP2 Shoemaker: 228-871-2454.

Annual Angel Tree Program for Children - Sign-up by Nov. 15 at the Seabee Memorial Chapel. Active Military, E-5 and below only eligible.

Legal

Special Powers of Attorney now available online! Go to http://www.jag.navy.mil/legal_services/SPOA.htm to complete and print your form. DO NOT SIGN IT until you get to RLSO. Bring to RLSO Building 30 for notary service.

Internet Crime Prevention Tip

Internet crime schemes that steal millions of dollars each year from victims continue to plague the Internet through various methods. Following are preventative measures that will assist you in being informed prior to entering into transactions over the Internet:

CREDIT CARD FRAUD

- Ensure a site is secure and reputable before providing your credit card number online.
- Don't trust a site just because it claims to be secure.
- If purchasing merchandise, ensure it is from a reputable source.
- Promptly reconcile credit card statements to avoid unauthorized charges.
- Do your research to ensure legitimacy of the individual or company.
- Beware of providing credit card information when requested through unsolicited emails.

Fitness Center

October Pool Hours: Monday-Friday 5:30 a.m.-5 p.m.; Saturday & Sunday 9 a.m.-4 p.m.

- Get ready to **Swim into Fall** with a workout routine! Each Thursday in October from 5:45-7:45 a.m. & 11 a.m.- noon. FREE for all Hands, limited space!
- Experience the newest sports craze with **Fling Golf Closest to the Pin & Longest Drive** Oct. 12 at 5 p.m.! Do you have the skills for this lacrosse-golf hybrid?
- **Celebrate the Navy's 241st Birthday** with either an aerobic or weight training workout! All Day Oct. 13!
- Can you make it through the Zombies and keep your bib? Find out how well you'll fare at the **Zombie 5K** Oct. 14 at 6 p.m.
- **Firefighter Challenge** - Oct. 17 at 4:30 p.m. on the NOFFS Pad- Can you handle the heat?
- All Month – Cycling, Yoga, Functional Fitness (NOFFS), Water Aerobics and Zumba workouts available.

Check out our new website for details – www.navymwrgulfport.com, call the Fitness Center at 228-871-2668 or email us at NavyFitness_GULFPORT_fct@navy.mil for more information.

Auto Skills Center

Don't let car maintenance SCARE you in October- **FREE Preventative Maintenance classes** coming on Oct. 20! Call today to make an appointment. Check out our new parts washer & engine hoist! Sell your vehicle, boat, or trailer at the MWR Resale Lot – great rates and high exposure For details 228-871-2804.

Navy Community Recreation Outdoor Rental Center

Your one stop shop for all outdoor fun equipment! Fall is a perfect time to enjoy a weekend of camping in a A-Liner! Call today for details, 228-871-2127!

The Grill

Building 418, Open Monday – Friday 7 a.m. – 1:30 p.m. for breakfast and lunch. **October Special:** Enjoy a delectable French Dip! Served with fries and ice cold fountain drink for just \$6.50! FREE lunch delivery available 11 a.m. – 1 p.m.; just call 228-871-2494. If you have a comment or question, please send an email to NCBC_Gulfport_MWR@navy.mil!

Seabee Cinema

Bldg 446 Marvin Shields Blvd. – Regular movie showings Friday- Sunday of every week! What's playing this weekend: Sully (PG-13); Blair Witch (R); Bridget Jones's Baby (R); Snowden (R); Special Presentation with **FREE Admission: Finding Dory Oct. 15 at 1 p.m.** Download the **movie schedule** from our website: navymwrgulfport.com or call the 24-hour Movie Hotline at 228-871-3299 for show times.

Navy Community Recreation Information Tickets & Travel

Stop in and pick up discounted tickets to local events! Your Tickets & Travel office now has tickets available for: Biloxi Shuckers, Gulf Islands Water Park, Ship Island Excursion, Infinity Science Center, and Honey Island Swamp. Did you know we sell discounted tickets and vacation packages to resorts and amusement parks nationwide? Start making your holiday plans now! Come in and see us or call 228-871-2231 for more information. Stop in today for your **FREE USM Football Game tickets!** Get into the fall and Halloween spirit with our help in October:

- Paint-N-Sip: Pumpkin Carving, Oct. 14
- New Orleans Ghost Cemetery & Voodoo Tour, Oct. 15
- New Orleans Ghost Tour, Oct. 21.

Learning Resource Lab

Do you know about the Navy MWR Digital Library? Check it out here: www.NavyMWRDigitalLibrary.org. Enjoy free Stuff? Stop into Tickets & Travel office at noon on the first and third Friday of the month to learn how you can receive free books

and more! Limited amount of seats available so come out and learn over lunch!

Liberty Center

Check out what's happening this week at Liberty! For more information, call Liberty at 228-871-4684. This week's YAC activities:

- Oct. 10 – 5:30 p.m., Movie Monday, Free Popcorn
- Oct. 11 – 6 p.m., Liberty on Wheels at Bldg. 460: Bear Pong, 1st Place Prize
- Oct. 13 – All Day, Happy Birthday Navy! Free cake!
- Oct. 16 – 9:30 a.m., Saints vs. Panthers Football Game, \$45
- For more information, call Liberty at 228-871-4684

The Hive

All Hands Club at Building 352 – Open Wednesday and Thursday, 6 – 10:30 p.m., Friday and Saturday, 6 – 11:30 p.m. Enjoy seven TVs for sports action, unwind with darts, pool or video games, and enjoy choice music! Bring your own video games and enjoy relaxed gaming! Email NCBC_Gulfport_MWR@navy.mil with questions/comments.

Anchors and Eagles

Building 303, is the perfect place for you to come and unwind. Open Tuesday - Thursday, 2-6 p.m. (E7 and above.) Monthly social is the fourth Thursday of the month with FREE food! The fun begins at 3:30 p.m. Send questions or comments to NCBC_Gulfport_MWR@navy.mil Ask about hosting your special event here!

MWR Extreme Teen Center

Open Monday-Friday, 3:30 to 8:30 p.m. and Friday 3:30 to 9 p.m. NCBC Gulfport Teen Center is open to 13 - 18 year olds currently enrolled in middle and high school and who have access to NCBC Gulfport. Register at the Youth Activities Center (YAC), Building 335, Bainbridge Road. Call 228-871-2251 for info.

Youth Recreation Program

Bldg. 335- FREE Tuesday- Thursday 5:30-8:30 p.m.; Friday 6-9 p.m. **Arcade games and food will keep us busy Oct. 15** at Gatti Town, Hattiesburg for only \$5! The kids will enjoy a full day of fun from 9 a.m. – 3 p.m.

Youth Activities Center (YAC)

Open Youth/Teens: Tuesday-Thursday 5:30 p.m. - 8:30 p.m.; Movie Night/Dances/Pool/Teens: Friday 6 - 9 p.m.; Open Recreation/Field Trips: Saturday; Register at the YAC, Building 335, Bainbridge Road.

- Oct. 11 – 5:30-8:30 p.m., Healthy Habits: Eating for Energy Part 2, Free
- Oct. 12 – 5:30-8:30 p.m., Light from Lemons, Free
- Oct. 13 – 5:30-8:30 p.m., U.S. Navy's Birthday Celebration, Free
- Oct. 14 – 5:30-8:30 p.m., Movie Night w/ Nachos & Drink, \$2
- Oct. 15 – 9 a.m. – 3 p.m., Gatti Town, \$5

Outside the Fence Line

For a listing of events in and around South Mississippi, go to <http://www.gulfcoast.org/events/> Disclaimer: These events are not base events and are subject to change/cancellation without notice. It is advised to call in advance.

Emerald Coast Mustang Association

The ECMA Quarterly Meeting Oct. 12 at 11:30, at the NAS Pensacola Mustin Beach Club. Lunch is \$14 per person and is open to all Mustangs and selectees within the Gulf Coast area.

Please spread the word to all area Mustangs and request you RSVP to CDR Michael Therrien, at michael.p.therrien2@navy.mil, or call (850) 452-7000 by Oct. 5.