

SEABEE COURIER

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September 13, 2012

Gulf Coast Heart Walk

The 2012 Gulf Coast Heart Walk is scheduled for Sept. 29 at Jones Park in Gulfport and is the primary fundraising event for the American Heart Association. This non-competitive 5k walk/run begins at 7:30 a.m. and includes family friendly activities, health screenings, cooking demonstrations, and a whole lot of fun. NCBC has a long history of supporting this walk through participation and volunteers. Volunteers can help by forming a walk/run team by registering at www.gulfcoastheartwalk.org or consider volunteering for set up and tear down of the Heart Walk event. You can register your team at the NCBC's group page <http://gulfcoastheartwalk.kintera.org/ncbc>. For more information, contact Lt. Kevin Westbrook, 228-871-2906 or kevin.westbrook@navy.mil.



Returning Seabees receive warm reception at Gulfport homecoming



Family and friends welcomed home more than 170 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11, Advanced Party Flight 2, at the Training Hall on board NCBC Gulfport as they returned from deployment, Sept. 10. The battalion has been deployed to the U.S. Central Command (CENTCOM) area of responsibility for nearly eight months. An earlier flight arrived Sept. 8 and included 35 members of NMCB 7. Additional NMCB 11 return flights are expected later this month. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

See page 6 for more photos and check NCBC Facebook

A Time to Remember



Commanding Officer, Naval Construction Battalion Center (NCBC)/ Commander, 20th Seabee Readiness Group (SRG) Capt. Rick Burgess addresses the attendees of the NCBC Gulfport 9/11 Remembrance Ceremony held on the Grinder, Sept. 11. Military and civilians attached to NCBC Gulfport gathered together to honor the victims of the Sept. 11, 2001 terrorist attacks, and pay tribute to the men and women serving our country through military and civil service. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

See NCBC Facebook for more photos

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Skipper's Guest Log: In praise of the American Spirit and its pursuit of happiness

NCBC/20SRG
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Public Affairs Officer
 Rob Mims
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 Ryan G. Wilber
Special Contributors
 CECN Lucinda Moise

22 NCR Commander
 Capt. Darius Banaji
Public Affairs Officer
 Vacant

25 NCR Commander
 Capt. Darius Banaji
Public Affairs Officer
 MCC (SW/AW) Scott Boyle

NMCB ONE
Commanding Officer
 Cmdr. Chad M. Brooks
Public Affairs Officer
 Lt. Jonathon Charfauros
Mass Comm. Specialist
 MC1 (AW/NAC) Aron Taylor

NMCB ELEVEN
Commanding Officer
 Cmdr. Maria Aguayo
Public Affairs Officer
 Lt.j.g. Brian Myers
Mass Comm. Specialist
 MC1(AW) Jonathan Carmichael

NMCB SEVENTY FOUR
Commanding Officer
 Cmdr. David McAlister
Public Affairs Officer
 Lt.j.g. John Parizek
Mass Comm. Specialist
 MC2(SCW) Michael Lindsey

NMCB ONE THIRTY THREE
Commanding Officer
 Cmdr. Nicolas D. Yamodis
Public Affairs Officer
 MC1(SW/AW) Steven Myers

NCTC Gulfport
Commanding Officer
 Cmdr. Scott Anderson
Public Affairs Officer
 Lt. J. Johnson

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By Cmdr. Ruth E. Goldberg, MSC
 Mobile Care Team 6
 Bagram Airfield Afghanistan

Months following the devastation that Hurricane Katrina caused back in August of 2005, I remember having an interesting conversation with one of my sisters who resides in New Orleans - it was regarding the controversy on whether New Orleans should celebrate Mardi Gras.

There were those that perceived the thought of doing so absolutely unconscionable considering the trauma that the city had recently endured. But, there were many who felt passionately that because of Hurricane Katrina's aftermath, Mardi Gras needed to be celebrated, that such a celebration known, world-wide, for its cathartic expression of happiness, is exactly what the people of New Orleans needed in order for their spirits to be revived.

In the end, it was the American spirit and its pursuit of happiness that ultimately won this "battle" - Mardi Gras was celebrated and it was done so with intense fervor, enthusiasm and joy. Sure, there weren't many floats, there weren't as many parades - but it was still celebrated. And, for those who fought to have this long standing tradition honored, the celebration itself became a powerful, symbolic declaration to the world that the spirit of New Orleans was still alive and resilient as ever.

And, throughout Afghanistan, I have encountered this same spirit and level of resiliency in many of my fellow service members whom, despite the hardships of being in a deployed setting, have persevered, in their own creative way, to pursue happiness.

This is not to say that my fellow service members are oblivious to the dangers and atrocities that are inherent in a combat zone - because, clearly, they are not. However, this undeniable reality has not stopped them from choosing to pursue a state of happiness, however they may perceive or define "happiness" to be.

Take, for example, the commanding officer of the Provincial Reconstruction Team (PRT) in the province of Uruzgan. He succeeded in having a traditional, Afghan wood-burning oven constructed as his PRT so that his Sailors could experience the joy of making and eating "home-made" pizzas. Believe me, in a deployed setting, especially where this PRT is situated, this is a tremendous treat. And I, gratefully, had the honor of attending one of their "pizza nights."

It was an absolute joy seeing the CO, XO and their Sailors all enthusiastically involved in making the pizzas - some were preparing the dough; others were meticulously arranging the sauce, cheese and toppings; and the bravest of them all were directly by the hot, wood-burning oven baking - the rest of us

lucky ones, including myself, were eating the freshly created pizzas as quickly as they were being baked.

As I looked around, I noticed that everyone, even the CO and XO, who were working the hardest, were genuinely immersed in a state of happiness. So, it was not a surprise to me that when the Navy Behavioral Health Needs Assessment Survey results for this PRT were processed, its Sailors, despite the challenges that they had experienced in their deployed setting, rated their level of personal and unit morale as being extremely high.

At another mission, I was invited to attend, of all things, a "Let's Make Sushi with Spam" party. It was the idea of, well, uh, an Army Major. And, yes, I went because, after all, when would I ever have the opportunity to make sushi - with Spam - in Afghanistan, again? And for the first time in my life, I created a sushi roll - yes, with Spam - and even ate it. Better yet, as much as I hate to admit it, my taste buds welcomed it.

And to say that this gathering was entertaining is an understatement. The sound of cheerful laughter resonated throughout the entire evening; and for those few hours, despite being in a deployed setting, all of us were in a state of outrageous happiness.

But the most impressive experience of all was when I met the enlisted folks of the PRT in the province of Kandahar. As with



A Pizza Night volunteer cooks the legendary Camp Vance pizza in a wood fired brick oven. (U.S. Navy photo by Lt. Cmdr. Chris Coggins/Released)

all of my Site Visits, I conducted a Focus Group with the junior enlisted. Despite the hardships, concerns and significant challenges that all had endured throughout their lengthy deployment, the group collectively had managed to maintain its strong sense of humor.

For approximately two hours, we laughed extensively; and in the end, they all shared that they had come to rely heavily on one another's sense of humor, trusting camaraderie, and willingness to pursue and embrace moments, even snippets, of happiness to overcome the adversities of their deployed setting.

I walked away feeling intensely proud of them, but much more so, I was profoundly inspired by them for this group of enlisted personnel truly exemplified, for me, the never-ending resiliency and strength of our American spirit.

Federal Mobile Voting Assistance Program . . . The Department of Defense's Federal Voting Assistance Program (FVAP) recently launches a mobile website for military service members, their voting-age dependents and overseas citizens. The mobile website provides an interface that quickly leads users to voting information in an easy-to-read, mobile friendly format. Accessible from any smartphone, the site connects voters, wherever they may be, with the latest news alerts, absentee voting information, state election dates, key contact information, and answers to Frequently Asked Questions. Users also can sign up for FVAP's voting alerts. The new mobile website is found at: <http://www.fvap.gov/mobile/>. Users will automatically be directed to the mobile website when they visit FVAP.gov from a mobile browser.



Buzz on the Street



By MCC(SCW/SW/AW/)

Ryan G. Wilber

NCBC Public Affairs

How are you studying for the advancement exam?



"I have been doing a lot of reading based on the bibliography."

EOCN Sarah Little
NCBC Admin

Hometown: Livingston, Texas



"I have been using the Non-Resident Training Courses and attending in-house advancement training given through the command."

HN Matthew Seto
NBHC Dental

Hometown: Columbus, Miss.



"I have been using the bibliography, Navy Knowledge Online and BMR.com, as well as on the job training."

LS3(SCW) Leandrean Boudreaux
NMCB 133

Hometown: Lafayette, La.

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Around the Center



Republic of Korea Air Force Maj. Joon Hyun Lee, a Naval Construction Training Center (NCTC) Gulfport student attending Engineering Aid (EA) C-1 Advanced, trains on surveying for horizontal curves using a Tremble 5600 electronic transit. Surveying is the fifth unit in the class, which also includes advanced training in design, and material and soil testing. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Builder Chief Selectee Brett Wilburn prepares to serve a steak dinner to a customer at the Anchors and Eagles Club on board Naval Construction Battalion Center (NCBC). The FY-13 Chief Petty Officer (CPO) Selectees put on a Steak Night for the Gulf Coast CPOs as an induction fundraiser, Sept. 8. Gulfport Navy Exchange (NEX) Services sponsored a drawing during the event with prizes that included a shadow box, full medal mounting service, uniform items and more. All prizes went to the CPO Selectees. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Capt. Rick Burgess, commanding officer of Naval Construction Battalion Center (NCBC), waiting to be interviewed on the 4 O'Clock Show by journalist Dave Elliot at WLOX-TV about the Seabee Volkslauf Mud Run 2012, Sept. 7. (U.S. Navy photo by Rob Mims/Released)

DOD: Families, Friends need to recognize Signs of Suicide

By Karen Parrish

American Forces Press Service

September, National Suicide Prevention and Awareness Month, is a reminder to everyone in the military community to watch out for each other, a senior defense official said. Jacqueline Garrick, acting director of the Defense Suicide Prevention Office, told the Pentagon Channel and American Forces Press Service the Defense Department's theme for the month's observance, "Stand By Them," is a prompt to get involved when a friend or loved one seems distressed. Defense Secretary Leon E. Panetta, she noted, has been adamant about encouraging people to seek help, and in stressing leaders' responsibility to ensure their people get the counseling they need.

"I think the first key factor is to understand the signs and symptoms of suicide, and not to be afraid to ask the question," she said. "It's a myth that if you ask somebody, 'Are you feeling suicidal?' that you'll put a thought in their head. And that's just not going to happen. If somebody's really in distress, ... the first thing we want people to know to do is ask the questions, 'Do you feel like you could hurt yourself,' 'Do you have a plan?,' and 'How can I help?'"

Garrick said relationship issues, legal or financial problems often are factors in the lives of people at risk for sui-

cide. Anyone suspecting possible suicidal impulses in a friend, co-worker or loved one also should be sensitive to changes in moods or behavior patterns, she added. Excessive risk-taking, substance abuse, giving away possessions and changes in life insurance arrangements are all possible indicators someone may be considering suicide, she said.

"Be mindful of those kinds of things," she advised. Garrick added that mood changes in both directions can indicate a person is considering suicide. "Sometimes it's a euphoria, or it's a depression," she said. "So just be mindful. And leadership needs to know ... what their service members are like, so that they can know when there have been those changes."

Garrick said she encourages military family members concerned about a loved one's state of mind to contact commands, chaplains' offices, community services, or any other means of help they can reach. "One of the key features that we're working on right now is with the Department of Veterans Affairs," she said. "For several years, they have been working on the Veteran's Crisis Line, and we have been working with them to rebrand [it] as the Military Crisis Line so that our men and women in uniform know that the Military Crisis Line -- the 1-800-273-TALK(8255) number, press 1 if you're military -- is for them

as well."

The Military Crisis Line is an overarching and confidential resource -- "one number to call when you're experiencing any kind of crisis, any kind of suicidal ideation, any thoughts, feelings ... that you're not sure how to deal with," Garrick said. The crisis line also has an on-line chat option at <http://www.militarycrisisline.net>, and a text component reachable by smartphone at 838255, she explained.

"You can access assistance any way, any time of the day, from anywhere in the world," Garrick said, adding other options are in place or in development for troops overseas.

Any of the various means of approach to the crisis line will put military members or their families in contact with a VA mental health provider, she said. Garrick noted family members often are the first to notice a loved one's struggles, and she encourages them, as well, to reach out through the crisis line.

"We know that family members are usually the first ones to see if somebody has had any changes in mood, personality and activity," Garrick said. "They're the ones that need to hear the message first.

"We want to give them a way to get involved," she continued. "If they call the crisis line, family members can be supported as well -- for their service member, and for their own issues."

Life is worth living!



Click here for your lifeline.

1-800-273-TALK
(8255 Option 1)

Prevent Suicide

Stress Navigation Plans help Sailors get ahead of Stress

From Navy Personnel Command Public Affairs

To assist Sailors, families and the Navy community with getting ahead of stress and fostering readiness before a crisis occurs, Navy Suicide Prevention and Operational Stress Control Programs, Navy Behavioral Health, have introduced "Stress Navigation Plans."

Sometimes finding a way to de-stress can be stressful itself if we don't know what to do or where to go. Readiness doesn't begin at the time of a crisis. Readiness starts by having the tools to help us respond to unforeseen circumstances swiftly and with clarity-and knowing where those tools are, according to Capt. Kurt Scott, director, Navy Behavioral Health Program.

"We can't always plan for life's challenges," said Scott. "But we can be ready for the stress from these challenges by identifying our resources and practices for navigating these challenges while we're still healthy. By personalizing a stress navigation plan, you'll know where your 'life jackets' are in case of an emergency. It only took me fifteen minutes, and I've got my stress plan here in my office for quick access."

Stress is a part of everyday life, especially in the Navy, according to Scott. Having a plan ahead of time will help stop stress issues from becoming stress problems. Stress navigation plans are simple templates that can be personalized with practices for navigating stress while we're still emotionally healthy, which be a life-saving drill if a crisis arises.

The template is available on Navy Personnel Command web site and includes fields to personalize with names, contact numbers and personal practices for dealing with a variety of challenges in life, from work stress to relationship issues. Taking a moment to personalize a Stress Navigation Plan now may have a significant impact later by helping to prevent future obstacles from compounding and leading to negative stress reactions.

According to instructions on the Suicide Prevention website, Stress Navigation Plans do not have to be shared or revealed to anyone, but should be in a readily accessible place for personal use in times of crisis. Anyone can use a Stress Navigation Plan. Encourage your shipmates, peers, family and community members to personalize theirs and take the stress out of navigating stress. Life counts!

To access the stress navigation plan template, visit http://www.public.navy.mil/bupers-npc/support/suicide_prevention/HowToHelp/Documents/Stress%20Navigation%20Plan.pdf.

Retirees and Family Members Eligible for Enrollment at NBHC Gulfport . . .

Naval Branch Health Clinic Gulfport is opening enrollment to TRICARE Prime retirees and family members age 64 and younger beginning Sept. 1. Interested retirees and eligible family members must visit the TRICARE Service Center (TSC) located at 284 Debuys Road in Biloxi, Miss., to enroll. The TSC's hours of operation are 7:30 a.m. - 4:30 p.m., Monday through Friday. For additional information, please contact the Clinic's Health Benefits Advisor, Mrs. Debbie Sekul, at 228-822-5725. At NBHC Gulfport, we take very seriously our vision to "Exceed Expectations Everyday" and hope you decide to entrust us with your family's healthcare needs.



22 Naval Construction Regiment Change of Command



22nd Naval Construction Regiment (22 NCR) Command Master Chief Mark Kraninger prepares to pass the command flag to Capt. Kathryn A. Donovan during the 22 NCR change of command ceremony on board Naval Construction Battalion Center (NCBC). Donovan, who recently returned from commanding 22 NCR and Task Force Stethem in Afghanistan, turned over command to Capt. Darius Banaji. (U.S. Navy photo by Chief Mass Communication Specialist Scott B. Boyle/Released)



22nd Naval Construction Regiment (22 NCR) Commander, Capt. Kathryn A. Donovan passes her command flag to Capt. Darius Banaji during the 22 NCR change of command ceremony held at the Training Hall on board Naval Construction Battalion (NCBC) Center Gulfport, Sept. 6. (U.S. Navy photo by Chief Mass Communication Specialist Scott B. Boyle/Released)

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Fraud, Waste and Abuse Hotline Information

Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851 Comm: 904-542-4979 DSN 942-4979 FAX: 904- 542-5587, E-mail: CNRSE_HOTLINE@navy.mil.

Seabee Courier

Friends and Families give Seabees a warm homecoming



Family and friends welcomed home two Advanced Party Flights carrying more than 300 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 and 35 Seabees from NMCB 7 at the Training Hall on board NCBC Gulfport as they returned from deployment, Sept. 8 and 10. The battalions have been deployed to the U.S. Central Command (CENTCOM) area of responsibility for

seven months. NMCB 11 will continue to return to its homeport over the next few weeks. NMCB 7 was officially decommissioned Sept. 5, and is one of two battalions to be decommissioned as part of the Department of Defense fiscal year 2012 force reduction plan. (U.S. Navy photos by Rob Mims and Chief Mass Communication Specialist Ryan G. Wilber/Released)

Seabee family receives special delivery during Hurricane Isaac

By Steve Pivnick

81st Medical Group Public Affairs
Keesler Hospital staff delivered a "Hurricane Isaac" baby almost seven years to the day after the birth of a "Hurricane Katrina" baby, although the circumstances were radically different.

Micheal Anthony Castellon-Guevara was born 9:40 p.m. Aug. 28 during a fairly routine delivery as Hurricane Isaac pounded the Gulf Coast. This contrasted with the Aug. 29, 2005, "Hurricane Katrina" birth at the height of the worst natural disaster to strike the U.S. - a caesarian section conducted without power with the staff using flashlights during the procedure.

Micheal's parents are Miriam and Petty Officer 3rd Class Bryan Castellon and he is their first child. Bryan is assigned to the Naval Mobile Construction Battalion (NMCB) 133. In fact, Bryan had to report for duty Aug. 30 to prepare for his third deployment.

Bryan said Micheal wasn't due until Sept. 1 but "the hurricane threw off his timeline." The earlier-than-expected birth



Parents Miriam and Petty Officer 3rd Class Bryan Castellon, Naval Construction Battalion Center Gulfport, watch their first child Micheal Anthony in the Keesler Hospital's Family Birthing Center Aug. 30, the day after his birth, at Keesler Air Force Base, Miss. (U.S. Air Force photo by Steve Pivnick/Released)

didn't seem to affect the baby; he weighed 8 pounds-7 ounces and was 21 inches "tall" and went home Aug. 31. Bryan mentioned that several hospital staff members including the 81st Medical Group commander and several nurses tried unsuccessfully to encourage them to include Isaac as part of his name.

Both parents are from Sun Valley, Calif. He's been in the Navy for four years, three-and-a-half at NCBC Gulfport.

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Contact UCT CCC/Diver recruiting team @ (757) 462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohse at ryan.dohse@navy.mil or visit www.facebook.com/seabee.diver for more information.

NOSC Gulfport hosts 'first ever' Reserve deployment training

By MC2 Charles E. White

Navy Regional Southeast Reserve Component Command Public Affairs

Navy Operational Support Center (NOSC) Gulfport, Miss., hosted the "first ever" tri-Deployment Readiness Training (DRT), Sept. 8, for Pensacola, Fla., and New Orleans, NOSC Sailors and potentially deploying Navy Reservists of the three Gulf States and their families.

DRT, a requirement for imminent and voluntary Navy Reserve deployers, is a component of the DoD Yellow Ribbon Program that consists of proactive education on all phases of deployment and the challenges associated with them. It provides the Sailor and the family with access to a myriad of resources and support programs available to them before, during and after a deployment.

"It was great," said Cmdr. J. R. Ramirez, commanding officer NOSC Gulfport. "There were a lot of good questions, a lot of interaction between the [attendees] and the providers of the services that we wanted to introduce them to."

Attendees were introduced to local representatives from military support agencies, programs and charities including the Veteran's Administration, Operation Military Kids, Military One Source, American Red Cross, Fleet and Family Support Center. Youth Extension Service (Project Y.E.S.), a grant and partnership between the U.S. Department of Agriculture and the DoD that provides communication, leadership, team building and diversity training to military kids, held a day camp for the attending children.

The most important aspects of the training were getting information to the families, providing resources available to them and the offering them outlets to help them and their families get through the deployment, according to Navy Reserve Yellow Ribbon Program Coordinator Amy Rines.

"There is a transition period during the time that you leave [on deployment] and there's a transition period during the time that you come back and reincorporate into civilian life," said Ramirez. "That can be very a hectic and kind of scary [time, but] we're there to help provide support for that," said Ramirez.

Aviation Machinist Mate 3rd Class Lebrandon Long, of NOSC Pensacola, wife Adrian and daughter Amaariya attended the DRT in preparation for Lebrandon's first mobilization scheduled for some time next year.

Long said that he is now more comfortable with the idea of leaving his family having now gone through DRT with them. Being new to the deployment process, Adrian said learning about



the resources and assistance available to her was valuable.

"I learned a whole lot more ... and I got a lot of resource numbers and websites that I can go on by myself. So, that was very helpful to me," said Adrian Long..

DRTs, formerly Pre-Deployment Readiness Conferences, have undergone many changes over the years; most recently, changes have been made in accordance with the Navy Reserve Warrior and Family Support Programs Instruction, COMNAVRESFORINST 1342.1A dated Nov. 10, 2011.

In the past, the training was an annual requirement for all Navy Reservists to be held at each NOSC; however, to increase relevancy of training and to eliminate redundancy, the personnel requirement was reduced to only those who might need the training more immediately and NOSCs were allowed to combine the training as long as they are separated by less than 400 miles. Additionally, instead of every 12 months, personnel now have 18 months to repeat the training. Other changes include limits to the types of organizations allowed to attend the training and funding restrictions.

According to Rines, NOSC Gulfport is hosting the first ever tri-DRT and the benefits are marked. She noted that there were financial savings, a large reduction in administrative work requirements and most importantly, because of the critical importance of getting military resource organizations to attend the resource based training, was the increase in attendance.

"Because of the numbers, the NOSC was able to get more resources to attend," said Rines. "Having large numbers allows us to have more subject matter experts."

More than 125 people attended the tri-DRT, many of whom are scheduled to deploy in the near future. Because DRT is conducted on a Reserve drill weekend, it is also offered to non-deploying drilling Reservists and their families, eliminating the need repeat the training ahead of schedule.

Navy Ombudsman Program: 42 years of excellent service to military families

By Commander, Navy Installations Command Public Affairs

Commands throughout the U.S. Navy will recognize their Ombudsmen and the 42 years of service supporting the Navy and Navy families Sept. 14.

On this day, the Navy recognizes the thousands of individuals who volunteer their time, talents and energy to making a difference in the lives of Navy families.

These volunteers help them during all phases of deployment, disasters or crisis. They are also there to assist with the everyday questions and challenges facing Navy families.

"I am proud to be associated with the extraordinary people volunteering as ombudsmen and prouder still of their service at this critical time in our nation's history," said Monika French, Chief of Naval Operations (CNO) ombudsman-at-large. "We owe it to all

our Navy families to continue supporting the Ombudsman Program."

The Ombudsman Program was introduced to the Navy on Sept. 14, 1970, by CNO Adm. Elmo Zumwalt, in Z-gram 24, as a means to address issues and concerns that are unique to Navy families. While the date is significant to the history of the program, commands are encouraged to celebrate the event at any time deemed appropriate during the month of September.

Most ombudsmen are the spouses of active duty or selected reserve members of the command. The Navy family ombudsman is a highly-trained volunteer who is able to offer support and guidance to command families and to act as an official liaison between the command and its families.

The Navy Ombudsman plays an important role in the success of a

command's mission. Ombudsmen are the first step for family members to turn to during a crisis, guiding Navy families to the proper resources they need. That, in turn, helps their Sailors with assurance that their families are being taken care of at home.

"When command members know that their family has a resource to go to for assistance, they can concentrate on the mission at hand," said French. "It is the Navy's goal to ensure that every Sailor and family member has access to the services of a command ombudsman."

Family readiness is a primary factor to a Sailor's personal and mission readiness. Ombudsmen continuously demonstrate just how vital they are to helping our Navy families maintain a state of constant readiness. Whether it is for deployments, disasters or crisis response, they keep the information moving.

According to Lisa Johnson, Commander, Navy Installations Command Ombudsman program manager, the Ombudsman Program is in place to assist the Navy family member and give them an avenue to receive the support they may need in tough times.

"Ombudsmen are not meant to solve problems, but to direct the family member to the people who can help them solve their problems," said Johnson. "Ombudsmen are not meant to 'be' the help, but to connect the family member 'to' the help."

Connecting Navy families to help is what the Ombudsmen have been doing for 42 years. They volunteer their personal time to ensure the Navy is ready 100 percent of the time.

"It is a pleasure to serve alongside a group of dedicated, caring volunteers," said French. "I want to thank the past, present and future Navy Ombudsmen and wish



them a very happy anniversary. I look forward to working with you all."

There are 29 Ombudsmen who help military families assigned to Naval Construction Battalion Center (NCBC), Naval Station Pascagoula and Stennis Space Center. If you know one of them, be sure and thank them for their service. Commands will get an opportunity to thank their Ombudsmen at the annual NCBC Ombudsman Appreciation Luncheon on Oct. 2, 12:30 - 1:30 p.m. at the Colmer Galley.

I am. Are You?

Ready to Receive Notifications in an Emergency or Base Closure?

From Commander, Navy Installations Command Public Affairs

Are you ready to be notified in the event of an emergency or base closure? A quick and easy sign up to the Wide Area Alert Notification (WAAN) system could save you in more ways than you can imagine.

Deployed by the Navy in 2008, the WAAN system provides Navy Installations (worldwide) with an effective and reliable mass notification system that can be used during a crisis to warn and direct affected personnel.

"As a civilian employee, I thought that my home phone

or cell phone numbers were none of my command's business. And certainly they didn't need to know my kids' personal information," says Marcher Castell, CIV CNIC HQ. "Of course, that meant that they couldn't call me to tell me to evacuate, or include my children in the evacuation count. Heck, they couldn't even call me to tell me something simple like the power being out in my building and not to drive all the way in to the office."

All military (active duty and Reserve), civil service, and contractor personnel with an NMCI or One Net user account are required to register their office email address and

phone number, at minimum, in the WAAN. Registering personal emergency contact information also is strongly encouraged.

As Marcher discovered, the Navy can't alert you, if it cannot find you. Registration is not automatic, but by providing your personal contact information, you take advantage of the following benefits:

- ~ Registration enhances your safety and empowers you to react in times of crisis.
- ~ Registration ensures that real-time alerts provide information to you and your family on what to do and where to go in an emergency.
- ~ Registration allows you to find out about base closures due to weather or an emergency, before you show up.
- ~ Registration permits you to be notified when it is clear/safe to return to the in-

stallation.

Rest assured; your personal information is safeguarded.

How to register

1. NMCI/One Net users—Right-click on the Purple Globe icon (bottom right corner on desktop).
2. Select "Access Self Service."
3. Select the "My Info" tab and update your Last Name, First Name, and Display Name and save.
4. Select the "Devices" tab and enter your work and personal contact information in the appropriate mandatory and optional device fields.
5. SAVE.
6. Update your profile any time you have a change.

If needed, use a workaround to register:

If you have trouble with registering through the Purple Globe, try the workaround for your region.

Links can be found under Mass Notification>Wide Area Alert Notification System on the Ready Navy website at www.ready.navy.mil. Click on (or copy and paste into your browser's address bar) the link for the workload below for your region.

Southeast Region:
<https://waansecdap01.nmci.navy.mil/corp/atlaunch.asp?opt=uid&nextUrl=https://waansecdap01.nmci.navy.mil/Self-Service/Entry.aspx?uid=%5bUID%5d>

For questions about the WAAN or support, contact the CNIC Support Center at 888-264-4255, DSN 942-6597 or http://www.cnic.navy.mil/CNIC_HQ_Site/supportcenter/index.htm.

Be Ready Navy! I am. Are You?

NAVOCEANO enters into partnership with Hancock County School District

By Naval Oceanographic Office Public Affairs

The Naval Oceanographic Office (NAVOCEANO) officially adopted the Hancock County School District as their partner in education in a ceremony held on Aug. 23.

Executive Officer Capt. A.J. Reiss stated, "Our workforce understands the significant impact we can make in the lives of these children and young adults and is excited about this program."

Partnership in Education is a Navy community outreach initiative that partners a command with a local public school. NAVOCEANO selected the Hancock County School District because they wanted to give back to the community where many of the over 1,000 employees reside. This partnership will help promote science and math and enhance the lives of the children who are our nation's future leaders.

Superintendent Alan Dedeaux addressed NAVOCEANO employees, "It is our goal in Hancock



Superintendent Alan Dedeaux, left, and Naval Oceanographic Office (NAVOCEANO) Executive Officer Capt. A.J. Reiss sign a memorandum of agreement that marks the beginning of a new friendship between the two parties. NAVOCEANO officially made the Hancock County School District their partner in education, during a ceremony Aug. 23. (Photo by Gary Herring/Released)

County School District that our children learn today and lead tomorrow . . . that's where you come in. Your wisdom and experience give our students insight into the possibilities in their future.

NAVOCEANO, comprised of approximately 1,000 military, civilian and contractor personnel, is responsible for providing oceanographic products and services to all elements within the DoD.

A good breakfast can fuel classroom success

From DeCA

Every parent wants their child to do well in school, but sometimes the morning rush gets so hectic a healthful breakfast gets pushed aside. Don't let that happen at your house. Reliable research shows that children who eat a healthful breakfast are more alert and creative in the classroom, have better problem-solving skills and improved hand-eye coordination, tend to be more physically active and miss fewer days of school.

A nutritious breakfast is defined as one containing complex carbohydrates, fiber, protein and a small amount of fat. In real food terms, think whole-grain bread or cereal –

the higher the fiber content the better; low-fat protein sources like boiled egg, peanut butter, low-fat or fat-free milk, yogurt or cheese; fresh fruit and vegetables or 100-percent juice without added sugar.

The meal doesn't have to be anything terribly involved – scrambled eggs done in the microwave, whole grain toast and orange juice; sliced fresh fruit topped with yogurt and sprinkled with granola; and peanut butter and banana slices on a whole-grain English muffin with a glass of milk on the side are all balanced breakfast menus.

This week's recipe collection provides many more breakfast options from which to choose. Check out the

Mom's Egg McMuffin recipe for a faster and cheaper replica of the real thing. Each member of the family can make their own Omelet in a Mug, and they'll enjoy tailoring the ingredients to their individual tastes. Both the Oatmeal Sconuts and Whole Wheat Flax'n Apple Muffins are perfect for breakfast on the run – try to add a boiled egg and cup of milk to the menu if you can. The Everyday Granola is so good you'll want to eat it by the barrel, but keep the serving size small – it's dense so it can be pretty high-calorie. Green Eggs & Ham will be a favorite of the Dr. Seuss crowd, and kids of all ages will go for Egg & Cheese Waffle Sandwiches, PB&J

EFMP & Child Find Family Fun Day

Sept. 22, 10 a.m. - 3 p.m.
Lynn Meadows
Discovery Center

Base & Community Resources Information Fair

A free, family fun event for active duty Navy, Air Force, Army, National Guard and Reserve families who have children with special needs. Presented by the Airman and Family Readiness Center's Exceptional Family Member Program (EFMP), Youth Center and Child Development Center.

Come play, gather information and connect with other families. Child Find's goal is to identify, locate and evaluate all children with disabilities from birth to age 21 who are in need of early intervention services or special education.

Bring your picnic lunch, beverages will be furnished.

***Preregister by Sept. 20 by calling
228-376-8728***

NCBC School Liaison Officer, Kevin Byrd is located at: MWR, Building 352, 1706 Bainbridge Ave. NCBC 228-871-2117, email: kevin.r.byrd@navy.mil



Directions

Heat oven to 400 degrees. Generously coat baking sheet with cooking spray.

Place waffles on baking sheet. Spoon egg mixture over waffles, spreading to fill cavities.

Bake 10 to 12 minutes or until egg is set and waffles are crisp.

Top one waffle with cheese; cover with remaining waffle and press together. Let stand 1 minute to allow cheese to melt. Cut in half and serve.

Crunchy French Toast and Apple Salad Breakfast Pizza.

Shop at your commissary for the right stuff at the right price. Make breakfast at your house healthful and happy, and watch those good grades start rolling in!

For all the recipes in this article and more visit Kay's Kitchen at http://www.commissaries.com/kays_kitchen.cfm

Egg & Cheese Waffle Sandwich

Ingredients

- 2 frozen round 4-inch waffles**
- 1 egg, beaten**
- 1 slice Colby-Jack or American cheese**



At the MOVIES

Sept. 14: *Movies cancelled due to military function.*

Sept. 15: The Best Exotic Marigold Hotel, PG13, Noon; Safe, R, 2:30 p.m.; Chernobyl Diaries, R, 4:30 p.m.

Sept. 16: *Madagascar*, PG, 2 p.m.; *Prometheus*, R, 4:15 p.m.

All movies are FREE! Be sure to call the Movie Hotline at 228-871-3299 to check for movie schedule updates as movies are contingent upon military operations.

STEALS & DEALS

Summer Sizzling Deals with ITT! Hang out all day by exploring and relaxing with Ship Island Excursions. Tickets are \$24/adults and \$15.25/children ages 3 – 10 years old. The vouchers are good for the entire 2012 Ship Island Season (now through Oct. 28), but will be void after the season is over. No refunds will be given for vouchers not used within this time frame. **Purchase your tickets to see the New Orleans Saints 2012 Home Games**

through ITT! Tickets go on sale two weeks prior to each game. The first week of sales will be open to Active Duty only. During the second week of sales tickets will be available for purchase to all eligible MWR patrons (Active Duty, Dependents, Retirees, Reservists, and DoD) with proper identification. Limit two per Military ID Card. Please call ITT, 228-871-2231, with any questions. Regular Season Game tickets are only \$52.25 per ticket.



Base Wide Yard Sale - The next Base Wide Yard Sale is Sept. 22, 8 a.m. – 1 p.m. - \$10 for two tables and two chairs. Minimum of six participants. Last day to sign up is Sept. 19.

Learning Resource Lab: Feel free to come in and browse our selection located inside of ITT! Offering free wireless Internet access to patrons with wireless enabled devices. Visitors can receive reception anywhere in the Learning Resource Lab.



Aquatics: Water Aerobics is a great full body, low impact workout. Customize your workout by visiting www.swimplan.com.

Auto Hobby: During the month of September stop by to change your oil and receive a 10 percent discount off the first 30 minutes of your stall or lift fee. Contact the Auto Skills Center at 228-871-2804 for more information.



Fitness Center: New Aerobics schedule this month! *Yoga* will be held Monday's and Wednesday's 10 a.m., *Water Aerobics* will be held Monday's and Wednesday's 11 a.m., *Zumba* will be held Monday's and Wednesday's, Noon. *30 Minute Pump* is no longer offered.

Dodgeball Challenge, Sept. 28, 7:30 a.m.

Liberty Center: *Cinemark Theater Trip*, Sept. 14, Free shuttle departing at 6 p.m. *Paintball Trip*, Sept. 16, 6 p.m., \$5 per person. *Happy 65th Birthday, Air Force!* Come celebrate with cake, Sept. 18.

Outdoor Recreation: Seven cajun cookers are available for rent for your next shrimp boil. ODR has a wide variety of gear ranging from tents to sports equipment.

September Special: All grills are 30 percent off regular price and with your rental of a grill you can get a table and six chairs for free.

Our **Driving Range is Free** and open for business! The Driving Range is open seven days a week from sun up to sun down. Tokens are free and can be picked up from Outdoor Recreation Center and the Fitness Center. ODR is located in Building 456 and is open Monday, 7 a.m. - 6 p.m., Closed Tuesday - Wednesday, and Thursday - Sunday, 10 a.m. - 6 p.m. The Fitness Center is located in Building 445 and is open Monday through Friday, 4:30 - 9 p.m., and Saturday - Sunday, 9 a.m. - 5 p.m. Right and left handed beginners clubs are available for check out at no charge from

ODR during business hours. We take pride in providing you with an environment that allows you to work on your game at your own pace with yardage markers from 100 - 250 yards. Each token provides roughly 25 balls. Tokens do not expire.

The **Batting Cage** is open seven days a week from sun up to sun down offering a slow pitch softball machine. Tokens are free and can be picked up from Outdoor Recreation Center and the Fitness Center. ODR is located in Building 456 and is open Monday, 7 a.m. - 6 p.m., Closed Tuesday - Wednesday, and Thursday - Sunday, 10 a.m. - 6 p.m. The Fitness Center is located in Building 445 and is open Monday through Friday, 4:30 - 9 p.m., and Saturday - Sunday, 9 a.m. - 5 p.m. Bats and helmets can be checked out at no charge from ODR during business hours. Each token gives 10 balls. Tokens do not expire. **A-Liner Campers are available for rent!** Daily (Monday - Thursday), Weekend (Friday - Sunday) and Week rates. All deposits require a major credit card. Deposits are refundable upon return with a favorable inspection for damage to the unit. (MWR will not put hitches or trailer balls on any vehicles, but trailer light plug adapters will be available if needed.) Call 228-871-2127 for details.



Special Event: End of Summer Bash - Sept. 21, 8 a.m. - 3 p.m. Free hamburgers, hot dogs, sausage on a stick, potato salad, baked beans, coleslaw, and beverages will be served. Sign up to participate in Driving Range Contest at 8 a.m., Putting Contest at 8 a.m., Last Man Standing Paintball Challenge at 8 a.m., Chipping Contest at 9:15 a.m., Batting Cage Challenge at

12:30 p.m., and 4 Hole Scramble Scratch Play at 1 p.m. Clubs will be furnished for all contests. Twelve sets of golf clubs will be made available on a first come, first served basis. All paintball equipment including paintballs will be supplied. Prizes will be given to participants who finish in First, Second, and Third place. For more information please contact ODR at 228-871-2127.



Youth Activities Center: The Before and After School Program registration will continue until all remaining spaces are filled. **Sept. 12**, 5:30 - 8:30 p.m., *National Video Game Day*. Come challenge your friends! Free. **Sept. 13**, 5:30 - 8:30 p.m. *Triple Play Healthy Habits Cooking Club*. Free. **Sept. 14**, 6 - 9 p.m., *Movie Night on the Big Screen*. Only \$2, snacks included, limited to 50. **Sept. 15**, 10 a.m. - 7:30 p.m., *USM vs. E. Carolina Football Game*, \$5, limit 30. **Resale Lot:** Advertise the car you want to sell for \$5 per week or \$15 per month. Display the vehicle you want to sell for up to 30 days or find a new car at an unbelievable price. For a listing of vehicles for sale, please call Auto Hobby today at 228-871-2804.

Fall Fun Spookfest

Oct. 26 at Youth Ball Fields. Call YAC at 228-871-2251 for more info and watch for details in future publications.



Chapel Offerings:

Veterans Stand down

The Chapel is collecting backpack items such as clothing, toiletries and other essentials for the annual Veterans Standdown Oct. 17 at the Biloxi, Va. Donations may be dropped off at the chapel during normal duty hours.

Catholic Parish Reunion

A Catholic Parish Reunion will take place Sept. 16, at the 9:30 a.m. Mass. Anyone that is or has been a member of the Catholic Congregation, please join us for Mass and breakfast. Mingle and update everyone on family happenings over the past years!

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday that might suit your needs. Protestant Services include a Gospel Service at 8 a.m., Sunday School at 9:30 a.m. and Divine Worship Service at 11 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also a Catholic Mass Tuesdays at 11:15 a.m.

Women's Bible Study

WBS takes place Wednesdays from 10 to 11 a.m.

LIGHT

LIGHT, a Young Adult Group for members of the military meets Wednesdays at 6 p.m. at the Fellowship Hall.

Seabee Pantry

Seabee Pantry donations are always welcome. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. Everyone affiliated with NCBC can use the Seabee Pantry.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 11 a.m. Sundays. If you can sing or play an instrument, you are invited to come share your gift.

Seabee Memorial Chapel



Center Chaplains:

Lt. Cmdr. Paul Smith, Protestant Chaplain

Lt. Yoon Choi, Protestant Chaplain

For information concerning other faith groups, call the chapel office at 228-871-2454

Services:

Gospel Service: 8 a.m.

Sunday Catholic Mass: 9:30 a.m.

Weekday Mass: Tuesday, 11:15 a.m.

Divine Worship: Sunday, 11 a.m.

Sunday School, 9:30 a.m.

NCBC Helping Hands Volunteer Opportunities



HABITAT FOR HUMANITY

WORK DAYS - Volunteers are needed to take part in Habitat for Humanity Workdays throughout the local area as follows: Sept. 28, 29 and Oct. 5, 6, 12, and 13. Volunteers must be registered prior to the work day, so please contact Leah as soon as possible at LLadner@bbc-grp.com or 228-326-5643.

WEST HARRISON HIGH SCHOOL

TEST PROCTORS - Five volunteers are needed to assist proctoring of State tests Sept. 17 - 21. Volunteers would report to the school at 6:30 a.m. and finish by noon. Please contact Julie Hadley at jhadley@harris-son.k12.ms.us if you are interested.

GULF COAST HEART WALK

- The 2012 Gulf Coast Heart Walk is scheduled for Sept. 29 at Jones Park in Gulfport and is the primary fundraising event for the American Heart Association. This non-competitive 5k walk/run begins at 7:30 a.m. and includes family friendly activities, health screenings, cooking demonstrations, and a whole lot of fun. Money raised at the Heart Walk is used to fund critical research, education, and interventions used to build healthier lives free of cardiovascular disease and stroke. NCBC has a long history of supporting this walk through participation and volunteers. Volunteers can help by forming a walk/run team by registering at www.gulfcoastheartwalk.org or consider volunteering for set up (9/28/12) and tear down (9/29/12) of the Heart Walk event. Fund raising is the ultimate goal of the event, but is not required to participate in the walk/run. You can also register your team at the NCBC's group page <http://gulfcoastheartwalk.kintera.org/ncbc>. Click "create new team" under the "Action" column at the bottom of the page. For more infor-

mation, contact Lt. Kevin Westbrook, 228-871-2906 or kevin.westbrook@navy.mil.

CITY OF GULFPORT - The City of Gulfport will hold "Boo Bash," its annual Halloween event, Oct. 27 from 6 - 9 p.m. under the Barksdale pavilion in Jones Park. Volunteers are needed who are interested in setting up a Halloween themed booth with a children's activity and working the booth during the event. Volunteers who are interested in creating a Halloween themed backdrop for children to take pictures in front of during the event are also needed. Contact Brittany Dyess at 228-868-5881 or bdyess@gulfport-ms.gov if you or your group are interested in volunteering.

COAST SALVATION ARMY

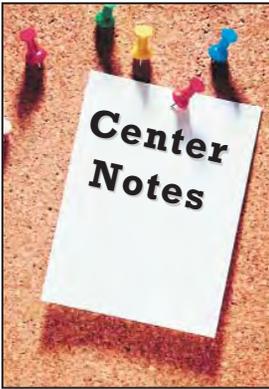
NEEDS VOLUNTEERS - Volunteers are need for various projects throughout the year. The Ray and Joan Kroc Corps Community Center in Biloxi is always in need of assistance in the Athletic Department, Fitness Center, Arts and Music Department, Aquatic Center and marketing. Many other opportunities are available. Contact Shawna Tatge at Shawna_Tatge@uss.salvation-army.org for information.

RED CROSS SOUTH MISSISSIPPI CHAPTER

The Red Cross in Biloxi has an immediate need for volunteers to work in the front office assisting visitors and directing incoming phone calls and generally assisting staff. Call 228-896-4511 for information.

Looking for a way to serve your community? Interested in a law enforcement career? If so, consider volunteering your off duty time and become a Gulfport Police Reserve Officer or a Reserve Community Service Technician. Call Lt. Phillip Kincaid at 228-868-5900, ext. 6189 or email him at pkincaid@gulfport-ms.gov for additional information.





SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder

on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for more information.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or send an email to NMCB133fsg@gmail.com. To receive updates, log on to the FRG site at <http://www.wix.com/NMCB133FSG/133frg>

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email noscgulfport@yahoo.com. We hope to see YOU soon!

NMCRS

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center,

building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet & Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for information.

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for information.

SOCIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

CBC/20SRG Second Class Petty Officers Association is seeking members. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at

matthew.t.wasson@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil for information.

NCBC Multi-Cultural Diversity Committee

is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude at 228-871-2454 for details.

VFW Post 3937 Long Beach is open Monday - Thursday from Noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport are seeking Active

Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for information.

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more about our organization and all that is offered to members.

Navy Ball Committee needs help to put on this year's Navy Ball The 2012 Navy Ball Committee is looking for six volunteers to work on the committee for this year's Mississippi Gulf Coast Navy Ball. Committee members will be expected to attend monthly meetings to discuss fundraisers and ideas for the Navy Ball. If interested, contact AG1 Jordan at 228-871-3667.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday-Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeeuseumstore.org/-/shop/index.php or call the gift shop at 228-871-4779 for information on all that is available for customers.

Follow Seabee Center on Facebook and Twitter and subscribe to Inside the Gate for all of the latest information

D.A.V. Disabled American Veterans Chapter 5



2600 23rd Avenue, Gulfport, MS 39501
228-871-5463

Monthly meetings are held the 3rd Monday of each month, 7 p.m. Visitors are welcome!

Bingo: Tuesday, Wednesday, Thursday, Friday and Sunday. Friday Night Dinners, Saturday Night Karaoke.

Program available for all Veterans and future Veterans. Come and visit our Service Officer, Silva Royer. Call 228-324-1888 to set up a visit to the D.A.V.

United States Marine Corps 237th Marine Corps Ball



When: Nov. 10, 2012

Time: 6 p.m.

Place: Hollywood Casino, Bay St. Louis, Miss.

Price: \$50 (per ticket)

Uniform: Marines - Blue Dress "B" or Blue Dress "A"
Army - Army Blue (Bow Tie)
Navy - Dinner Dress Blue Jacket or Dinner Dress Blue
Air Force - Mess Dress
Civilians - Black Tie

See I&I First Sergeant, 1st Sgt. Coston, building 114 (NOSC) or call 228-871-3104