

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Justice League Reunion



The thrill of meeting Spider-Man is seen through the eyes of young Buzz Lightyear at NCBC Gulfport's annual Fright Night Oct. 24, at Ladd Circle. Sponsored by MWR - the evening featured hayrides, trick-or-treating, a children's costume contest, a haunted house for younger children, as well as a haunted maze for older kids and adults, a DJ, games, food vendors and much more. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

See page 5 and NCBC Facebook for more Fright Night photos



Vice Adm. William French, commander of Navy Installations Command (CNIC), speaks during the CNIC change of command and French's retirement ceremony as Chief of Naval Operations (CNO) Adm. Jonathan Greenert looks on at the Washington Navy Yard's Leutze Park. Vice Adm. Dixon Smith assumed command of CNIC during the event. (U.S. Navy photo by Mass Communication Specialist 1st Class Tim Comerford/Released)

CNIC holds change of command

By Sandra Niedzwiecki
Navy Installations
Command Public Affairs

More than 500 military and civilian personnel attended the change of command ceremony for Commander, Navy Installations Command (CNIC) on Friday, Oct. 24 at Admiral Leutze Park on the Washington Navy Yard. Vice Adm. Dixon R. Smith relieved Vice Adm. William D. French as the fifth commander since the command's inception in 2003.

The ceremony included full gun salutes, musical performances by the Navy's Ceremonial Band, march on of the troops and parading of the colors

by the Navy's Ceremonial Guard, and an a cappella rendition of the national anthem sung by Naomi Howell, one of CNIC's civilian employees. A special contribution to the ceremony was the participation of side boys by former submarine Sailors with whom French served during his first command, USS Spadefish.

"From these men," said French, "I've learned the trade of going to sea in submarines. Gentlemen thank you for finding our full dress blues, putting them all together and being here today."

Guest speaker for the ceremony was Chief of

See CNIC page 5

Time to Fall back

Daylight Saving Time will end Nov. 1 at 2 a.m. Be sure and move clocks back one hour Saturday night before going to bed to reflect the time change.



Are Energy Vampires attacking your home or office?

NCBC

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By Jason Poe
Installation Energy
Manager, PWD Gulfport

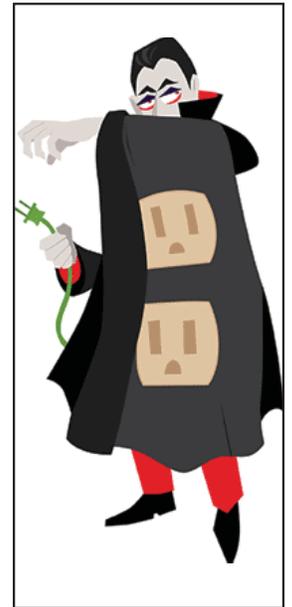
“Energy vampires” that are quietly sucking up electricity in homes and offices are causing electric bills to climb! Energy Vampires are devices that continue to use electricity even when they are turned “off” ... sometimes as much as when they're on!

A surprisingly large number of these devices -- from air conditioners to DVD players -- cannot be switched off completely without unplugging them from the outlet. An average home can use 1.2 kWh or more per day in Phantom Power. These Energy Vampires use electricity 24 hours a day, 365 days a year, often without the knowledge of the user.

Other names for this unsuspected electricity consumption are: phantom

- power, standby power, energy drain, leaking electrons and hidden power losses. Whatever you call it, money is coming from your pocket to pay for it. The expense can be \$25 or more per year depending on the number of little vampires you have and the electric rate you pay.
- Typical Energy Vampires, (stand-by energy users)
 - ~ Air conditioners
 - ~ Back-up power supplies
 - ~ Computer monitors and computers
 - ~ Copiers, fax machines, printers
 - ~ All-in-one office machines (printer, copier, scanner, fax)
 - ~ Power adapters (when not using item such as CD player, cell phone)
 - ~ Products with transformers (battery chargers, low voltage accent lighting)
 - ~ Security systems
 - ~ Stereo systems
 - ~ Answering machines

- ~ Video games and any device that has a remote control such as: cable, satellite and radio receivers, cd/dvd players, televisions
 - ~ Devices with clocks, such as radios, electric/gas ranges and ovens, microwaves, televisions and dvds
 - ~ Devices with infrared sensors such as security lights
 - ~ Devices which contain one or more status lights (L.E.D. or other)
- You may find some devices on this list that do not use stand-by power, especially if they are older models.
- To determine if a device is an energy vampire, wait until it has been turned off for several hours and then touch the housing near the power cord. If it is warm to the touch, it probably is an energy vampire adding more to the monthly power bill.
- To kill the energy vam-



pires and help reduce the energy drain, unplug non-essential items such as battery chargers for the cell phone, laptop computer and other devices when they are not needed.

TOYS FOR TOTS – Military families can apply at the Fleet and Family Support Center through Nov. 14, Monday – Thursday, 8 a.m. – 4 p.m., and Friday, 8 a.m. – 3 p.m. Applications will be accepted for E-6 & below (all others on a case by case basis). Service members or spouses can show military ID and complete a brief application. For more information, please call 228-871-3000.



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- Meeting Announcement - NCBC Gulfport Restoration Advisory Board (RAB)

-Key Topics-

*Rubble Disposal Area (Site 7)
Remedial Investigation update*

*Haul Road Removal North of
28th Street*

When? Monday, Nov. 3, 6 - 7:30 p.m.*

Where? Isiah Fredericks Community Center
3312 Martin Luther King Blvd.
Gulfport, MS 39501

*Topics will be presented in a poster session format. Please feel free to arrive any time during the meeting for discussions with NCBC Gulfport's Environmental Restoration Program project team.

For more information, please contact Gordon Crane:
Phone: 228-229-0446
Email: gordon.crane@navy.mil
Website: <http://go.usa.gov/ZVGV>





High School graduate Brandon Caulkins practices his Combat Side-stroke for Special Warfare Scouts at the Fitness Center on board NCBC Gulfport, Oct. 27. Practice sessions are held for special warfare program prospects Monday mornings at the NCBC Fitness Center pool. Swimmers are taught how to hone their aquatics skills by perfecting their different strokes, preparing them for physical testing and training pipelines. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Navy Marine Corps Relief Society (NMCRS) Thrift Shop Lead, Heather Tester, restocks and organizes donated items at the NMCRS Thrift Shop on board NCBC Gulfport, Oct. 22. Thrift Shop hours are Tuesdays, Wednesdays and Fridays from 9 a.m. - 1 p.m. and Thursday evenings from 4 - 7 p.m. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Naval Mobile Construction Battalion (NMCB) 1 Commanding Officer, Cmdr. Kemit Spears learns how to lay out stringers at the Charlie Company Technical Trainer on board NCBC Gulfport, Oct. 23. (U.S. Navy photo/Released)

New Public Works program mentors Seabees in camp maintenance

By BU3(SCW) Amanda Hollister

NCBC Public Affairs
Naval Construction Battalion Center (NCBC) Gulfport's Public Works Department (PWD) and Naval Construction Group (NCG) 2 have teamed up to implement a new Mentor/Protégé program for Seabees on board NCBC, which kicked off Oct. 06.

Protégés are assigned a civilian mentor from PWD with whom they work for a 30-day period, learning various maintenance skills. All NCG 2 subordinate commands are eligible to recommend troops of any rank, and as battalions cycle through, they will be able to send Seabees temporary additional duty (TAD) to PWD to shadow a mentor.

According to Cmdr. Brian Nottingham, NCBC Public Works Officer, there are two pipelines: the in-house forces will focus on general camp maintenance projects, while a facilities engineering division focuses more on engineering technician skills including contract administration and oversight, field safety and submittal reviews.

"The program's mission is to give Seabees maintenance-related, on-the-job training. My concern is making sure it's useful. We hope to put them to work on meaningful projects with opportunities to do the work themselves," said Nottingham.

Five members from Naval Mobile Construc-

tion Battalion (NMCB) 1 are the first to go through the program, each with a separate mentor.

"It's a learning experience. I'm doing more finish work than I would in battalion. I would recommend the program to other Seabees," said Builder 3rd Class Andrew Alley.

Chris Frizzell, Alley's civilian PWD mentor, feels there are many benefits to the program.

"I think it's great. It doesn't cost the battalions or the Navy any money and it gets these guys out doing things they wouldn't ordinarily do," said Frizzell. "Truthfully, I get more done with their help."

In the future, Nottingham would like to extend the length of the program to 60 or 90 days, to allow protégés to be better engaged throughout the entire length of PWD projects, which are typically 60-90 days. He hopes it will become a perpetual program which would eventually sync with battalion homeport training schedules, controlled and balanced by NCG 2 using the Fleet Readiness Training Program.

NCG 2 Operations Officer, Cmdr. Jorge Cuadros agrees with Nottingham – longer is better. He stated they want to get the program rolling, and then extend its length. The Fleet Readiness Training Program is currently undergoing a transition to increase efficiency. There will be more time between



Builder 3rd Class Andrew Alley of Naval Mobile Construction Battalion (NMCB) 1 removes weed growth from a parking lot beside the Armory on board Naval Construction Battalion Center (NCBC) Gulfport Oct. 23, in preparation for line re-painting. Alley is one of the first Seabees to participate as a protégé in the NCBC Public Works Department's 30-day Mentor/Protégé program. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

certification (field training exercises) and deployment. Cuadros said that the increased amount of time for training will allow for selected members to go through the mentor/protégé program before deploying.

"The Commodore's ultimate vision is to see the program used around the globe, with a mentor/protégé agreement with NAVFAC," Cuadros said. This opens an opportu-

nity to pair up with PWD shop personnel, many of whom are also retired or former Seabees. Seabees are already trained in construction skills; this program helps hone the important maintenance skills that may have been neglected thus far in their careers. Any Seabees interested in the program should express interest with their chain of command or company training representative.

Weapons Registration

Navy regulations require that all privately owned weapons brought on board a U.S. Navy installation be registered with Base Security and approved by the Installation Commanding Officer BEFORE bringing a weapon on board the installation. For personnel who request Temporary Storage, the person MUST declare the weapon once they arrive

at the Installation Access Control Point. Personnel residing in government family quarters may keep their weapons at their quarters, after approval of the Installation Commanding Officer. Persons residing in the barracks are required to store their weapons with the Installation Security Department. All weapon owners desiring to bring a privately owned weapon on board the instal-

lation must complete DD Form 2760, relating to the Lautenberg Act, as well as a weapons registration form, which must be approved by Installation Security Forces. Persons found bringing unauthorized weapons on board the installation will be subject to criminal and administrative penalties, to include the temporary loss of Installation Driving Privileges. For more information, call 228-871-3485.

Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

"If you could learn one random skill, what would you learn?"



"I would want to be coaching high school football. I learned a lot playing college football and I would want to coach and teach them."
AG1(SW/1DW) Cervontis Pullom
NMOPDC
Hometown: Chattanooga, Tenn.



"Teleportation ... I could be in more than one place at once ... going to school full time and working full time."
BU3(SCW) Holly Smith
NCG 2
Hometown: Sparta, Tenn.



"I would want to learn how to beat box. I find it pretty cool and I would want to impress the ladies with my skills."
Senior Airman Tyler Prowant
Advanced Training School
Hometown: Panama City, Fla.

Fright Night 2014

Photos by BUCA Elizabeth Mills, NCBC Public Affairs



From **CNIC** page 1
Naval Operations, Adm. Jonathan Greenert.

"I'm honored to be here to take some time to speak about a person who has had a long and distinguished career, who has dedicated the last two and half years to CNIC, and who is an extraordinary leader," said Greenert. "Bill French has sustained the fleet, enabled the fighter and supported the family. He has revolutionized the Navy shore enterprise."

Responsible for 52,000 military and civilian personnel, 11 Regions and 69 installations worldwide, French received the Defense Distinguished Service Medal for his accomplishments including the attainment of the Homeport Ashore initiative, the development of governance and oversight for the Overseas Drinking Water program, and efforts to align CNIC to support fleet requirements.

The ceremony also recognized French's retirement after more than three-decades of exemplary service to the Navy.

"Today I want to thank many people," said French. "One of the many thankful parts of this job is you get the opportunity to work with so many different people both inside the Navy, fellow services and support organizations that take care of our sailor and families outside the Navy."

French thanked his family, fellow shipmates and mentors throughout his career, and welcomed Smith to CNIC recognizing the talent and commitment of Smith's new staff.

Prior to the ceremony, Smith was promoted to Vice Admiral to serve as Commander, Navy Installations Command. He is the first former installation commanding officer to lead CNIC.

Smith shared his enthusiasm about taking on greater responsibility to lead the Navy's shore enterprise.

"CNO, thank you for your kind words," he said. "I'm honored and deeply humbled by your faith and confidence for this opportunity for continued service to our Navy and our nation."

A native of Connecticut, Smith was commissioned through the Naval Academy in 1983. He was designated as a surface warfare officer in 1985 and then went on to serve aboard five surface combatants and held five shore assignments. Later in Smith's career he went on to lead shore installations as the commander for three Regions including Naval Surface Group Middle Pacific, Navy Region Hawaii, Navy Region Southwest, and most recently, Region Mid Atlantic prior to arriving in Washington, D.C.

Smith thanked French for a smooth transition and emphasized his commitment to service through action.

"I'm happy to report that as I assume this watch, that thanks to Vice Admiral Bill French, CNIC is on course, focused on fully supporting CNOs tenets of warfighting first, operating forward, and being ready," said Smith. "CNIC will maintain that course."

Smith offered that he is excited to join the CNIC family. "I consider it a privilege to lead and serve you," he said. "To those who serve, the only reason we at CNIC exist is to support you. You have my promise and commitment to do just that."

Leading a world-class enterprise, CNIC is responsible for managing shore installation support for the Navy's fleet, fighter and family under the Chief of Naval Operations.

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindleymcgerr@navy.mil. Check out the new and improved website at: http://www.cnic.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

See Something Wrong, Do Something Right



NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell, text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP:"
3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.

Fraud, Waste and Abuse Hotline: 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, Email: CNRSE_HOTLINE@navy.mil

KEESLER TO HOST TOPS IN BLUE

Keesler will host a free concert featuring Tops in Blue, Nov. 1 at 5:30 p.m., at the Triangle Parade Field. The concert is open to anyone with a Department of Defense Identification Card. Tops in Blue, is a special unit made up of talented amateur performers in the active duty Air Force selected for their entertainment abilities. It is one of the oldest and most widely traveled entertainment groups of its kind. Composed of 35 to 40 of the most talented vocalists, musicians, dancers and technicians anywhere, their primary purpose is to perform for military personnel and their families throughout the world.

New to military family housing?

Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 worked with the San Antonio Foundation Inc., a nonprofit organization out of Hattiesburg, Miss., in the clearing and leveling of 20 acre for a sports complex area for an area school, Aug. 18 - Sept. 20. In all, almost 70,000 cubic yards of material was moved in order to level the site. (U.S. Navy photo/Released)

NMCB 11 clears the way for new opportunities in community

By EO1 Brice Nash
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 worked with the San Antonio Foundation Inc., a nonprofit organization out of Hattiesburg, Miss., in the clearing and leveling of 20 acre for a sports complex area in August and September.

The complex will provide a home to the Sacred Heart High School Crusaders. The school has been without a field to call their own for the past several years, and has been utilizing city fields in both Hattiesburg and Petal, Miss.

"The work provided by the Seabees was outstanding," said Tracy Klein, president of the organization. "The personnel that participated in the project were prompt, courteous, and most importantly talented and hard working. Words cannot express the amount of

gratitude that we have for the Seabees."

The new complex will feature a practice field, football-soccer facility, softball, and baseball fields, and will also support organizations within Grace Temple Ministries and the Mississippi Youth Football Association.

Equipment Operator 1st Class Brice Nash, from East Wenatchee, Wash., led the 10 person crew responsible for the excavation and leveling of the complex site.

"The main mission focus is training." He said, "This is an amazing opportunity to create proficient operators and help the community."

Before any major earth moving could begin, the crew had the task of removing over 100 dump truck loads of tree stumps and debris from the area, as well as stockpiling over 12,000 cubic yards of existing topsoil. Two scrapers, three bulldoz-

ers, one track loader, one roller, two grader and two medium tactical vehicle replacement (MTVR) dump trucks were utilized throughout the duration of this project. In all, almost 70,000 cubic yards of material was moved in order to level the site.

Despite battling rainy weather, equipment breakdowns, and poor soil conditions, the crew managed to exemplify the "Can Do" spirit of the Seabees and not only accomplish extremely valuable training, but also build a lasting relationship with the community.

"Working on this project was one of the highlights of my Naval career," said Equipment Operator 2nd Class Elijah Godbold. "Seeing the excitement and anticipation in the eyes of the children when they visited the project site gives me abounding amounts of pride to be a part of the United States Navy Seabees."

In the field with NMCB 11



Capt. Michael Wilson, Director Readiness and Logistics Naval Expeditionary Combat Command, Speaks with Logistics Specialists 2nd Class Brenna Hickey during the commands Field Training Exercise (FTX). FTX is an opportunity for the battalion to hone its skills with assistance and guidance from Naval Construction Group (NCG) 2. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)



Builder 1st Class Duran Garcia assigned to Naval Mobile Construction Battalion (NMCB) 11, debriefs the React Team after a scenario during the commands Field Training Exercise (FTX). FTX is an opportunity for the battalion to hone its skills with assistance and guidance from Naval Construction Group (NCG) 2. Throughout the exercise, NMCB 11 will construct several Forward Operating Bases (FOB's) and conduct defensive operations and tactical movements simulating deployment to a down range environment. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

The 411 on dialing 911 on board NCBC - Have an emergency? You may now dial 911 using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.

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NCG2 brings innovative reintegration training to Gulfport Sailors

By MCC(SW/AW/EXW) Athena Blain
NCG2 Public Affairs Officer

Since the start of the Global War on Terror, DoD officials have put a significant emphasis on military members' reintegration issues. The focus usually centers on the service members' emotional well-being, and how they deal with the stress of re-entering their lives at home, especially if they are arriving back from a hostile area.

The Navy, traditionally, has a good track record with pre-deployment trainings as well as ensuring Sailors have a variety of resources available during deployments, but studies have shown there were additional needs with post-deployment trainings.

"Historically, the Department of Defense places a huge focus on combat-related post-deployments trainings," said Capt. Lori Laraway, Navy Expeditionary Combat Command (NECC) Warfighter Resilience Training manager.

"It's become more and more evident, though, that stress happens no matter where the service member deploys. There's increased workload, family separations, family issues such as births and deaths while the service member is away," said Laraway. "We all need warrior transition."

With these statistics in mind, NECC began looking closely at developing a program that addresses a more well-rounded view of post-deployment issues. The Warfighting Resiliency Program became NECC's answer.

NECC developed the concept loosely around the Reserve Returning Warrior Weekend, which is a weekend retreat designed to honor the service and thank service members and their families for the sacrifices made during deployment.

"The Reserve units that participated in the retreat gave great feedback," said Lt. Cmdr. Bruce Yee, NCG medical officer. The retreats also emphasized another critical gap in the active duty post-deployment trainings.

"We realized that the two-six months post-deployment phase is where many issues tend to crop up," said Laraway. "Sailors may find that they have a hard time adjusting to the workup cycle. Family struggles also tend to surface around this time."

Naval Construction Group TWO (NCG 2), with the assistance of NECC, held the first of a pilot program in the Gulfport area Oct. 6-10. The one-day program enlists the help of local resources like the Fleet and Family Service Center, Embedded Mental Health, chaplains and even senior



Shelia Tapia of the Two River Theater Company out of Red Bank, N.J. portrays Liz, a Navy sibling in the production "ReEntry." The full-length play incorporates viewpoints from active duty and their family members who are dealing with deployment reintegration. (U.S. Navy photo/Released)

enlisted leadership to facilitate the training.

"The intent is to have a sustainable training platform that occurs locally," said Yee.

"It makes sense to use the local resources," said Laraway. "We want troops to have the names and faces of local resources, so they know who to call if they need help."

Along with the use of local leadership and resources, the training departed from traditional post-deployment trainings in two distinct ways. First, NECC designed the training to include spouses.

"We realized that most training just didn't include spouses," said Yee. "So, we wanted this training to include spouses and significant others," said Laraway. "Reintegration is not just a Seabee/Sailor issue, but it affects the whole Navy family. The more we [active duty members] understand what the other side goes through, the better for all of us," said Laraway.

With spouses in mind, the second departure from traditional training is "ReEntry," a full-length professional play written by Emily Ackerman and KJ Sanchez that is incorporated in the training. Ackerman and Sanchez based their original play on interviews conducted with Marines and their families. NECC's Warfighting Resiliency Program worked with the playwrights to change the script to make it more Navy-centric, and uses professional actors for each part.

"We talk about reintegration on a cognitive level," said Laraway, "but this play hits home on an emotional level. Our Sailors can see the actors actually portray the challenges of reintegration."

"We got great feedback on the play," said Yee. "Most attendees really liked the production because it portrayed a lot of issues Seabees face, even if it wasn't to that intensity. It definitely brought to light family viewpoints and got everyone's attention which resulted in great discussions."

Due to the training's success, NCG 2 plans on adding the workshop into battalion deployment and training cycles.

"We're planning on offering the workshop for battalions once they fall into the two-six month window from deployment," said Yee. "The goal is to have spouses as well as service members attend by showcasing what the training entails and offering daycare."

"This training really takes the stigma off of the issues our Sailors and their families face, and lets people know where the resources are and how to get help if they need it," said Yee.



Capt. Lori Laraway, Navy Expeditionary Combat Command's Warfighter Resilience Program manager, introduces members of the Two River Theater Company. The actors portrayed active duty service members and their families who are dealing with deployment reintegration issues. (U.S. Navy photo/Released)

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228-376-8282
8504/8164/8703

Military Members and Spouses

New to the area? Want to learn about activities on the Gulf Coast? Join us for the Chamber of Commerce Area Bus Tour Nov. 5, 8:30 a.m. - 2 p.m. with lunch provided in celebration of "Month of the Military Family." Call Paula, FFSC, at 228-871-3457; pre-registration is mandatory.

Keep What You've Earned

Fall is a great time of the year to go on hikes and explore some of the nearby parks, mountains and coasts. Instead of spending the weekend cramped in a stuffy bar, get some fresh air and go camping. Or alternatively, host a barbecue, and don't forget to enjoy the food. Drinking on a full stomach can help absorb alcohol. Know your limit—before you get there.



Focus on Education

Applicant turnout good at latest NCBC Job Fair



Active duty personnel and civilians met with representatives from 13 different companies located across the U.S. during a job fair at the Fleet and Family Support Center (FFSC) on board Naval Construction Battalion Center (NCBC) Gulfport, Oct. 23. Representatives from medical, trades, administrative and sales fields were on hand to discuss career paths and conduct interviews. FFSC will be hosting another job fair with approximately 12 new companies, Nov. 18. Transition Manager Gerri Warden, FFSC work and family life consultant, expressed that by bringing different companies each month, it gives job applicants the opportunity to meet and apply to about 30 different companies in a period of three months. "The goal of the fair is to give transitioning members the chance to see the many job opportunities that are out there and show them that the skills they have learned in the Navy are transferrable to civilian jobs that they may not have thought of," said Warden. "We want to keep a small number of vendors participating on each job fair so that people can have plenty of time to talk to them without feeling rushed." (U.S. Navy photos by Utilitiesman Constructionman Alicia K. Fluty/Released)

U.S. NAVAL ACADEMY SEEKS NAVY RESERVE INSTRUCTORS

By Lt. Teng K. Ooi, PhD, USNA/NAVAIR Reserve Program and Capt. Linda J. Beltra, MD, USN (Ret)

Attention Navy Reserve Officers: Are you interested in an opportunity to teach, inspire, and empower the next generation of American leaders to serve our nation?

The U.S. Naval Academy needs qualified Navy Reserve officers, especially at the ranks of lieutenant, lieutenant commander, and commander, with at least a master's degree in an appropriate academic discipline to instruct in designated academic departments for Fall 2015 and to serve as outstanding military role models and mentors for midshipmen.

Recall opportunities will be considered for the following disciplines: cyber security, information systems, and information technology; electrical engineering, computer engineering, general engineering, nuclear engineering, mechanical engineering, naval architecture, ocean engineering, aerospace engineering, and control systems engineering; mathematics, chemistry, physics, computer science, and oceanography; political science, economics, English, history, and foreign language (Spanish, French, German, Russian, Arabic, Chinese, or Japanese). Interested Navy Reservists should email the following:

~ A cover letter that states which discipline(s)

you are applying for and your qualifications for the position

~ A resume of experience (academic, professional, and naval experience, including any recent mobilizations, recalls, or extended active duty periods)

~ A full-length khaki photo
Email: reserve.recall@usna.edu

Reserve Recall Liaison Officer, Cmdr. John Schedel United States Naval Academy, Code 11C, 121 Blake Road, Annapolis, MD 21402-1300
Telephone: 410-293-6513, DSN: 281-6513
Fax: (410-293-2591)

To receive full consideration, interested officers for Academic Year 2015-2016 should apply no later than Dec. 15. Officers selected will be recalled to active duty and assigned orders for an officer-instructor tour, not to exceed three years, commencing July 2015. Recalled officers will remain on the reserve active status list and will remain eligible for promotion consideration before reserve selection boards.

Selections will be made only after USNA placement officers are confident that USNA billets will not be filled from the active duty pool of potential officer instructors. Applicants will be made aware of their selection status by mid-April 2015. Final arrangements are contingent upon PCS funding being available through the Navy.

Education Notes

Couples Communication

FOCUS (Families OverComing Under Stress) is hosting another communication workshop with the focus on the LGBT community. "Get Your Word Heard" will enhance listening skills, help strengthen connections and recognize barriers to positive communication. This event will be at the FOCUS Gulfport offices Nov. 4, 5:30 - 7 p.m. and is open to any couple with base access. RSVP to dthomas@focusproject.org / 228-822-5736.

COUPONING 101

Fleet and Family Support Center will host Couponing 101 Nov. 6, 9 - 11 a.m., and again on Nov. 15, 2 - 4 p.m., at FFSC. Free child care is available for

military children (up to age 12), whose parents are attending the Saturday class, Nov. 15. Deadline to sign up for child care is Nov. 7. Call 228-871-2323 to arrange for child care. Call FFSC at 228-871-3000 to sign up for the class.

Play & Learn Story Time

Play & Learn Story Time for parents and kids (ages 3 - 5), will be presented Nov. 12, 9:30 - 10:30 a.m., in the FOCUS offices, 304 John Paul Jones, Room 405 (by Anchors & Eagles). Parents and children will learn how to improve communication, share feelings. Techniques will be taught separately, then together! To sign up, RSVP to Debra thomas, 228-822-5736 or dthomas@focusproject.org.

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



'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Rack or the Rocker

"Now, pull your right knee up to your left ear," the therapist told me in all seriousness. I looked out the window to see if any pigs were flying by.

It was the first day of my physical therapy at the Newport Naval Base clinic. Upon turning 48 years of age last June, my knees decided they'd had enough. I ignored the aches and pains for a while, chalking it up to the weather as if I was one of those cows you see lying down when rain is coming. But after my right knee started buckling like an old Barbie doll, I finally decided to see a doctor at the base clinic.

"You're welcome to keep them when we're done here," the clinic's x-ray technician offered with a smile, handing me a pair of ridiculous paper shorts. He took images of my knees from all sides, and told me the doctor would call me with the results.

"Mild to moderate degenerative arthritis, patellofemoral pain syndrome, and a possible sprain," she told me, but all I heard was, "Go find a rocking chair and some tapioca pudding, because you're officially ancient." I was prescribed anti-inflammatories and ordered to attend twice-weekly physical therapy sessions for a month.

I envisioned myself being gently guided through therapeutic motions intended to heal my stiffened joints, but no one bothered to tell me that I would have to break a sweat, not to mention turn myself into



a human pretzel.

Every PT session followed the same general routine: Before I had the chance to get into a good People Magazine article in the waiting area, I was greeted by one of the clinic's half dozen physical therapists and brought into the cheerful PT suite with its colorful work out equipment, entertaining background music, happy houseplants, padded tables and million-dollar view of the Narragansett Bay.

Although I would have preferred to nod off on a padded table while enjoying the view, I was always asked to warm up on a treadmill, followed by rolling my under-stretched thighs repeatedly over a foam cylinder on the floor. Piece of cake, or so I thought. Who knew that the harmless limbering exercise would elicit visions of being strapped to The Rack by Medieval King Longshanks?

I was then allowed to lounge on one of the padded tables, which would have been lovely, if it were not for the dog leash I had use to pull my extremities into positions that made me look like a middle-aged Cirque du Soleil reject. These

awkward maneuvers were always followed by seemingly endless leg lifts that left me covered in an unladylike sheen of sweat.

While the therapist cleaned the table, I had to endure a final mélange of strengthening exercises. Isometric lunges, calf raises, step ups, wall squats and something affectionately referred to as "monster walks" -- pacing back and forth across the room in front of everyone, legs splayed out in a semi-squat with a giant rubber band around my thighs.

Thank God I'm already married.

When my ordeal was over, I would grab my belongings from the patient cubbies, and bid my assigned therapist adieu, promising to do my homework. Despite the fact that I never committed the therapists' names to memory and often wondered if they were all descendants of Emperor Caligula, I must admit, they knew what they were doing.

Thanks to their vast knowledge and firm encouragement, my knees are getting better and there's no need to go out and buy that rocking chair just yet.

I never would have guessed it, but apparently, pigs can fly after all.

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>. Follow Lisa @ [MolinariWrites](#)

Trick or Treat Safety Tips

From National Safety Council



All children under the age of 12 should be accompanied by a parent or responsible adult, but before trick-or-treating, parents should:

- ~ Instruct children to travel only in familiar, well-lit areas and avoid trick-or-treating alone.
- ~ Tell children not to eat any treats until they return home.
- ~ Teach children to never enter a stranger's home.
- ~ Agree on a specific time for children to come home.
- ~ Give children flashlights with fresh batteries to help them see and for others to see them.
- ~ Make sure your child or a responsible adult with them carries a cell phone for quick communication.
- ~ Review all appropriate pedestrian and traffic safety rules with children.
- ~ Look both ways before crossing the street and use established crosswalks whenever possible.
- ~ Walk, do not run, from house to house.
- ~ Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards and never walk near lit candles or luminaries.
- ~ Walk on sidewalks, not in the street. If there are no sidewalks, walk on the far edge of the road facing traffic.
- ~ Children will be anxious to stuff themselves with treats, but parents need to take these necessary precautions first:
 - ~ Insist that treats be brought home for inspection before anything is eaten, then examine all treats for choking hazards and tampering before your children eat them.
 - ~ Give children an early meal before going out to prevent them from filling up on Halloween treats or eating anything before you can inspect it.
 - ~ Only let children eat factory-wrapped treats. Avoid homemade treats unless you know the cook well.
 - ~ When in doubt, throw it out.

NCBC Housing Trick or Treating Hours

Oct. 31, 5 - 8 p.m.

Energy Savings Tip:

Blinds Up - lights off! Many offices have the blinds shut all day because of early morning glare. If you can, open the blinds, let the sun shine in, and switch off the lights!



NCBC Helping Hands

SHORT FUSE HALLOWEEN REQUEST

Harrison County Child Development Center needs volunteers Oct. 31, 9:15 - 11 a.m. to help the special needs students at the Trunk or Treat at the Center on 29th Street in Gulfport. Volunteer activities include assisting students in wheelchairs, passing out candy from the volunteer's trunk and also assembling, operating and taking down activities. Contact Teresa Franklin 228-863-0583 or tfranklin@harrison.k12.ms.us if you are able to help.

PATHWAYS TO POSSIBILITIES (P2P)

Volunteers are needed to work inside and outside in support of P2P - an interactive career expo for approximately 6,000 8th graders in private and public schools in the six lower counties of Mississippi. P2P will take place Nov. 19 - 20 at the Mississippi Coast Coliseum. Outside volunteers will help direct buses, greet students, collect student information and help students get back on buses safely, etc. Indoor volunteers will guide students around the exhibits, greet students, bring supplies to Pathways and check in volunteers. To find out more about P2P or to sign up to volunteer, visit: http://unitedwaysm.galaxydigital.com/volunteer/agency/display/?agency_id=15424

SANTA IN THE HARBOR - The city of Gulfport is asking for 45 volunteers, Dec. 20, for "Santa in the Harbor" at the Barksdale Pavilion in Jones Park. Volunteers are asked to arrive at the pavilion by 4 p.m., and be prepared to remain until 10 p.m. During the event, volunteers will help with Santa's toy line, serve refreshments, help at college station and perform other event-related tasks. To volunteer, please

contact Brittany Dyess, 228--860-4444.

DIAMONDHEAD COMMUNITY BANDSTAND - Approximately four volunteers are needed to construct a 16' in diameter wooden Victorian bandstand from plans provided. Point of contact for more information is Harold Dawley, 228-437-4210 or Hdawley@bellsouth.net for more information.

READING TUTORS - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 if you are interested in volunteering.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support

from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

A Reminder from NCBC Security ... **BUZZED DRIVING IS DRUNK DRIVING!**

Seabee Memorial Chapel

Religious Services Sunday:

Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesday: 11:15 a.m.



NCBC Center Chaplain:

Lt. Cmdr. Ammie Davis, Chaplain

For more information about Chapel programs, please call the Chapel at: 228-871-2454

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

What's happening at the Chapel?

Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

Meetings:

Chapel Council meetings
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

Quarterly "State of the Chapel" meetings

The Chapel will hold quarterly State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The next meeting will be at 5 p.m., for approximately 30 minutes, Nov. 3.

**OCTOBER 31
NOVEMBER 1 - 6**



**YOU are invited!
GRAND OPENING
NCBC MWR
DIGITAL
THEATER!**



UNTIL THEN...

**ENJOY FREE Movies
At THE TRAINING HALL!**

**Oct 31- LUCY 6p; Deliver Us From Evil-Sp
Nov 1 - Teenage Mutant Ninja Turtles - 2p; The
Expendable 3 - 4:30p; Let's be Cops - 7p
Nov 2 - Teenage Mutant Ninja Turtles - 2p; The
Hundred Foot Journey - 4:30p; The Giver - 7p**

**Hot Turkey and Stuffing
Smothered in Gravy
Accented with
Cranberry Sauce
All on a fresh baked
Do'boy!
Choice of Fries or Side Salad**

**THE
GRILL
NOVEMBER
SPECIAL!
~THE GOBLER~**

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Teen Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	

Child Development Center

**Halloween
PARADE OF CHARACTERS!
Bring treats for the CDC Kids as they
parade in their costumes!
10/31 @ 9am**

Fitness

**11/4 - 3 on 3 OVER 30
Basketball League
(M&W - 1100-1300)
sign up 10/27-11/4
FREE for ALL HANDS!**

**11/4 - 3 on 3, Basketball League
(1800-2000), Sign up 10/27-11/4
FREE for ALL HANDS!**

**November - April
WINTER POOL HOURS
M-F, 0530-1330 Sat, 1000-1600**

Outdoor Recreation

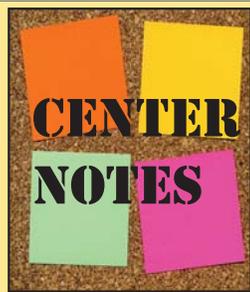
**5 NEW
INFLATABLES
to RENT!**

**Visit your
Outdoor Rec
Center to make
your reservation
today!**



**Oct 31 - ALL DAY, Horror Movie
Marathon!, FREE Popcorn
Nov 1 - 5:30p, Blood & Sand XV, \$31
Ticket
Nov 2 - 11:00a (departure), Pascagoula
Gun Show, \$7 Admission
Nov 3 - 7:00p, Monday Night Football
Party
Nov 4 - 6:00p, Warrior Care Month Seated
Ping Pong Tourney, 1st place PRIZE
Nov 5 - 6:00p, National Doughnut Day!
Doughnut Hole Eating Contest, 1st place
PRIZE**

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"



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. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

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 babysitting is provided. Please bring a dish to share.

For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families Overcoming Under Stress provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Officer's Spouse 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 goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

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 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 and 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 details.

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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach

Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more 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 of the 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 or for links to historical sites, visit: <http://nmcb62alumni.org>.

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 information.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

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. The shop has a variety of Seabee related memorabilia, books and DVD's. For info, contact the museum at www.seabee-museumstore.org or call gift store at 228-871-4779.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

Free services:
FAX, Send and Receive:
228-575-5225, Copies,
United Through Reading program, Computers with web cams, Internet/email access, X-Box

Office hours: Monday - Friday, 8 a.m. - 4 p.m.

Honor the past, support the future

vote!

WWW.FVAR.GOV ★ 1-800-438-8683

14th Annual Gulf Coast Veterans Day Parade

RED WHITE & BLUE on the GREEN
ENTERTAINMENT FOOD ARTS & CRAFT VENDORS



SATURDAY
November 8, 2014
Downtown Biloxi
Parade Begins at 11am
FESTIVAL 10am-2pm

COME JOIN US!
Antique Military Vehicles, Floats, Military Marching Units, Marching Bands, JROTC Groups and all the pomp and circumstance!

This event is FREE to the public. Our Veterans have already paid the price!

For more information:

Website: www.msveteransparade.com

FB: www.facebook.com/veteransday.parade

Phone: (228) 669-4997



"Ingalls Stars and Stripes" Golf Tournament Nov. 4, Grand Bear Golf Course

7 a.m. (registration/breakfast), 8 a.m. (shotgun start)

4 Person Scramble, \$400 per 4 Person Team. Package includes: Breakfast, Greens Fee, Cart Fee, Range Balls, 1 Red Tee, 2 Mulligans, Lunch, and LOTS OF FUN! All proceeds Benefit the USO Gulf Coast!

For additional information please contact Bobby Lamb at 228-935-1277.

