

SEABEE COURIER

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NMCB 74 deployment is one for the history books

By Ensign Michael Crum
NMCB 74 Public Affairs

After the successful deployment of personnel from Gulfport to Rota, Spain; Djibouti, Niger, Cameroon, Africa; and Bahrain, the Fearless Seabees of Naval Mobile Construction Battalion (NMCB) 74 completed an extremely professional and well run turnover with NMCB 11.

With project tasking as diverse as their locations, they have started work in Europe and Africa supporting Combined Task Force 68 (CTF-68), the Middle East supporting Combined Task Force 56 (CTF-56), and in the U.S. supporting Naval Construction Group (NCG) 2.

In Rota, projects include the installation and repair of a flight line fence, erosion control for a pier, and renovation of a building including the construction of seven interior office spaces. Along with these projects, NMCB 74 is also providing Embark and Evacuation Control Center (ECC) support to CTF-68 while maintaining Camp Mitchell and the forward deployed NMCB Table of Allowance (TOA).

In Bahrain, NMCB 74 is conducting Exercise Related Construction and Airfield Damage Repair support as well as crisis response and contingency operations. Engineering Aide 2nd Class Cory Hauptman, had this to say about his deployment to



After a long couple days of travel, members of Naval Mobile Construction Battalion 74's Detachment EUCOM advanced party board a plane during a snow storm on their way to Rota, Spain, as part of their final deployment. Operating forward, NMCB 74 strives to capitalize on engagement opportunities and build lasting relationships, ultimately paving the way for future partnerships. (U.S. Navy photo by Equipment Operator 3rd Class Laura Trommer/Released)

Bahrain:

"This deployment is a particularly exciting one for me," said Hauptman. "I'll be assigned as part of the Public Works on Isa Air Base, Bahrain and will be executing a very different mission than previous deployments. I am looking forward to working as a Contracting Officer Representative responsible for ensuring quality construction for work on base. Overall, I am expecting to learn quite a lot as I complete the last deployment with the Fearless Bees of 74! Hoorah!"

NMCB 74's presence in Africa includes locations in the countries of Niger, Cameroon, and Djibouti where the Seabees are perform-

ing construction to support regional security capacity and improve stability. One project is the construction of a concrete masonry unit block operations building complete with electrical, CAT 5 data cable, climate control, a parking lot, and exterior site preparations.

Another significant project in Africa is a clinic, utilizing Structural Insulated Panels (SIP) and solar panel technologies, which will have three maternity rooms, a consultation office, and a staff living area.

"I'm excited about the work we have and am focused on ensuring as we go out to these remote sites we have the tools required to

complete our taskings," said Builder 3rd Class Candice Vanhoy. "We are running into some complications with limited supplies, but we're making it work as best we can."

With a sizable force back in the U.S., Detachment Northern Combatant Commander (Det. NORTHCOM) also has plenty of work with tasking in Florida, Kentucky, and the Bahamas. They will be repairing a restroom facility and constructing a sidewalk in Panama City, FL, replacing an admin facility and roof in Andros Island, Bahamas, and constructing an obstacle course in Fort Campbell, KY in order to improve training capabilities for the Army

Rangers. Looking forward to the obstacle course project, Utilitiesman 3rd Class Steven Dixon stated,

"I am especially excited to go on this Detail since I will be a crew leader for the first time, and get to highlight my crew's workmanship and my leadership skills," said Dixon. It's a great opportunity for us."

In addition to projects, Det. NORTHCOM Seabees also have a mission to deploy within 48 hours of notification an Air Detachment prepared to provide engineering support for a natural disaster or other contingency requirement.

Operating Forward, NMCB 74 strives to capitalize on engagement opportunities and build lasting relationships, ultimately pave the way for future partnerships.

The Fearless Seabees are expected to return from deployment in late June/early July and with its decommissioning ceremony planned for July 25, on board Naval Construction Battalion Center (NCBC).

Originally commissioned April 28, 1943, NMCB 74 was deactivated Oct. 31, 1945 before being commissioned again on Dec. 6, 1966. NMCB 74 veterans are encouraged to attend the ceremony and those interested should contact Ensign Michael Crum (michael.r.crum@navy.mil), NMCB 74 public affairs officer.

Legal: Filing a small claims lawsuit

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By Lt. Sarah Aguero, JAGC
 Legal Assistance Attorney
 Corpus Christi Legal Assistance Office, RLSO SE

Does someone owe you money and is refusing to pay? Is the amount of money he or she owes you less than what it would cost to hire an attorney to sue them? If your answer to these questions is yes, you may be a good candidate to file your case in a small claims court.

Small claims. Depending on what state you live in, the maximum amount you can sue someone in small claims varies. For our region, the following limits apply:

- ~ Texas: \$10,000
- ~ Louisiana: \$2,000 (this varies by parish also)
- ~ Mississippi: \$3,500
- ~ Georgia: \$15,000
- ~ Florida: \$5,000.

The fee for filing your case will also vary by where the case is filed, but the fees are generally minimal (between \$25 and \$50). Most courts will not allow you to sue someone for "stuff" – only the money value of that stuff. So if you last roommate

took your X-Box when he moved out, you cannot sue him to get the X-Box back, but you can sue him for the amount of money the X-Box was worth at the time he took it. Additionally, you can add the court fees to the total amount of your lawsuit.

The court. To file your case, you need to identify the court where you will file. Choose the court in the location where the wrong took place, or where the defendant (the person you are suing) lives. If the defendant lives out of state, you may not be able to take advantage of the small claims court, unless you are willing to take time off to travel to the other state, or hire an attorney to represent you in the out-of-state court.

The paperwork. Most small claims courts have forms you can fill out to submit your case. If you have any doubts about completing this paperwork, make an appointment with your local legal assistance attorney to have it reviewed for you.

Service of process. "Service of process" means hand delivering the court

documents to the defendant so they are on notice that they are being sued and will be required to defend themselves. This requires knowing where to find the defendant. If the defendant is a business, you should visit your local legal assistance attorney for help identifying who from the business can accept service of process on behalf of the business. If the defendant is a person, anyone over the age of 18 at their home can accept service on behalf of the defendant. If the defendant is not properly served, it could lead to your lawsuit being dismissed or severely delayed. Service can be accomplished in most places by paying a small fee to the sheriff's office. Otherwise, you will need to hire a "process server." Once you have a receipt that the defendant has been served, you will file that with the court as proof that the defendant is now on notice.

Pre-trial Hearing. Once the court receives notice that the defendant has been properly served, you and the defendant will receive notice from the court about the first hearing. You will need to show up at the court on time on the day of the hearing. You should dress professionally. You should expect to wait several hours, if not all day.

Mediation. Some courts will require you to go through mediation before you can see the judge. Mediation is an opportunity for the parties to reach a compromise before going before a judge. If you and the defendant cannot

reach an agreement, your case may either go before a judge the same day, or may be rescheduled for trial.

Trial. On the day of your court appearance, you will again need to show up on time to court dressed professionally, and expect to wait at least half a day, if not all day. You need to bring all of your evidence to present to the court: receipts, pictures, lease, bank statements – whatever documents you need to prove that the defendant owes you the money you claim. You should also prepare a statement to read to the judge, or at least notes so you remember to make all of your points when it is your turn to talk. You may also call witnesses, but you will need to bring them with you to court. Make an appointment with your local legal assistance attorney prior to your trial date for help preparing your case, especially if you plan to call witnesses.

Judgment. If you are successful in your claim, the judge will issue a judgment in your favor. You will use this judgment to collect the amount owed to you. Try to get the defendant to pay you that day, if possible.

This article is not intended to substitute for the personal advice of a licensed attorney. For local assistance, please contact the Naval Construction Battalion Center (NCBC) legal office by calling 228-871-2620 for an appointment. For a listing of Navy Region Southeast Legal Assistance offices, visit http://www.jag.navy.mil/legal_services/rlo/rlo_southeast.htm.

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.Safe-Helpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Regional, 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

Buzz on the Street

By CE2(SCW) Courtney Demastus and EOCN Kia Skinner, NCBC Public Affairs

“What do you enjoy most about your rate?”



“I’m able to apply it to the civilian world.”

CE2(SCW) Michael Finn
NMCB 74

Hometown: Miami, Fla.



“I love operating because it’s important and a necessary part of the process to get the job done.”

EOCN Evett Voyles
NMCB 133

Hometown: Clarkston, Wash.



“I like the fact that I get to help people with their medical needs.”

HM2 Gary Groves
Naval Operation Support Center (NOSC) Gulfport
Hometown: Colorado Springs, Colo.



Leneka Waller, Pass and ID supervisor, provides customer service support to Master At Arms Seaman Alberto Romosaraiza assigned to NCBC Gulfport, Jan. 24. Pass and ID services include vehicle passes, contractor identification cards and visitor passes. Hours of operation are Monday – Friday, 7 a.m. – 3 p.m. Pass and ID is closed on weekends and holidays. For more information call 228-871-4272. (U.S. Navy photo by Equipment Operator Constructionman Kia Skinner/Released)



A Public Works contractor replaces standard lighting with energy-efficient LED lighting on board NCBC Gulfport, Jan. 22. In addition to improving safety by providing a crisp and brighter view to darkened areas of the base, the LED lighting is expected to pay for itself within 10 years. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



Builder 3rd Class Asia Gilchrist, a Volunteer Income Tax Assistance (VITA) office volunteer, helps George Major, a retired Coast Guardsman, with making an appointment on board NCBC Gulfport, Jan. 23. VITA is here to help with tax preparation for active duty, retirees and spouses. VITA is located in building 60 room 116Z. For more information or to make an appointment call 228-871-3597 or 2301. (U.S. Navy photo by Equipment Operator Constructionmen Kia Skinner/Released)



SEABEE DAY 2014



Naval Construction Battalion Center
Gulfport, Mississippi

Food

Exhibits

Games



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Gate and follow the signs to free parking.



72nd Annual Seabee Ball

Be sure and purchase your tickets to attend the 72nd Annual Seabee Ball March 15. Tickets are going fast!

Cocktail hour for the Seabee Ball begins at 6 p.m. This year's guest speaker is Rear Admiral Morneau, Commander, Navy Expeditionary Combat Command. If you are interested in attending, tickets are now on sale and are payable by cash, or check made payable to the "Seabee Ball Fund." Contact your command rep for tickets. The CBC command rep is Lt. Kena Montgomery, 228-871-3922 or email: kena.k.montgomery@navy.mil. Ticket prices are: E1 to E3: \$20; E4 to E6: \$30; E7 and above, Retirees, and Civilians: \$40. Guests: If you plan on bringing a guest, the ticket price for him/her is equivalent to the price you pay for your own ticket. (e.g. tickets for an E3 and his/her guest would be: \$20 + \$20 = \$40) Free childcare until capacity is reached from 5 p.m. to 12:30 a.m. Sign up with ticket in hand at Child Development Center. Uniform: E1 - E6: Service Dress Blues w/Large Medals; E7 - O3: Dinner Dress Blues; O4 & Above: Dinner Dress Blue Jacket; Civilians: Formal. Door prizes and dancing! Professional photographer - \$10 portraits. Digital image with printing release. The night will feature great food, great people, great entertainment, great door prizes and a great time had by all!

January 30, 2014

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Seabee Courier

Fire Warden Training, Jan. 31, 2 - 3 p.m. in building 60, room 105. Point of contact for more information is CBC Fire & Emergency Services, 228-871-3345.

NMCB 1 to depart for deployment

By MCC Kim Martinez
NMCB 1 Public Affairs

Sailors from Naval Mobile Construction Battalion (NMCB) 1 will depart soon for a deployment to the Pacific (PACOM) and Northern (NORTHCOM) commands in support of ongoing operations in the U.S. Atlantic, 3rd and 7th Fleet areas of responsibility.

The battalion will operate details in Japan, Korea, Philippines, Cambodia, Timor Leste, Guam, Diego Garcia and several cities in the United States.

"This deployment is a bit different in that we are operating in both the Pacific region and the United States with hubs in Okinawa, Guam, and Gulfport," said Cmdr. Chad Brooks, NMCB 1 commanding officer. "There is not a 'main body' site, per se, since the battalion is broadly distributed. In our U.S. locations, our Seabees will execute projects that prepare us for disaster support and civic assistance missions that can arise without warning. In the Pacific, we will sustain relationships at traditional detail sites and exercise locations."

Aligned with Secretary of the Navy Ray Mabus' four

priorities of people, platforms, power and partnerships, NMCB 1 will deliver the Navy's forward presence through its work with several host nations at its Construction Civic Action Details (CCAD) in PACOM and will continue to conduct construction operations in NORTHCOM.

"We have assembled task-tailored teams for the specific missions at each of our deployed sites and maintain the capability to respond to emerging missions," said Brooks. "This deliberate engagement allows us to work closely with our partner nations through sustained forward presence."

In addition to supporting ongoing construction related operations and humanitarian projects, the Seabees' mission will also consist of exercise support and theater security cooperation. NMCB 1 will deploy Sailors to participate in bilateral and multi-lateral exercises including Pacific Partnership, Balikatan, Cooperation Afloat Readiness and Training (CARAT), Key Resolve/Foal Eagle and Rim of the Pacific (RIMPAC).

According to a U.S. Navy interview with Mabus, U.S. forces can surge when



Sailors and their families from Naval Mobile Construction Battalion (NMCB) 1 attend a predeployment fair at Gulfport Veterans of Foreign Wars Post 2539, Jan. 24. The attendees received information and resources to help NMCB 1 families plan for their Seabee's six-month time away from home including finance and budgeting tips, command program assistance and community support contact information. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

necessary to respond to crises, but trust and cooperation cannot be surged. This is why the United States Navy and Naval Construction Force is committed to building partnerships through participating in training, exercises, various operations and humanitarian assistance and disaster relief, year after year,

with U.S. partners, friends and allies, building a bedrock of trust.

NMCB 1 provides combat-ready engineer forces in response to Combatant Commander and Naval Component Commander requirements and provides planning and operational support for Seabee employment. The

continued operations in the Pacific Command help demonstrate the U.S. commitment to developing enduring relationships, and strengthening local institutions and communities throughout the region. At U.S. locations, Seabees will perform missions to prepare for disaster support and civic assistance missions.

Commissaries offer sweet savings in February

By Sallie Cauthers

DeCA Marketing/Mass Communication Specialist

Whether it's nutritious foods for better health, candy treats for that Valentine's Day sweetheart or all foods in between, commissary patrons will be able to find what they want with plenty of promotional savings in February.

"Between Valentine's Day and February being 'Heart Health Month,' there are lots of options for our patrons to save money at their commissary," said Randy Chandler, the Defense Commissary Agency's director of sales.

"For those who have an eye on their budget and eating healthier, it's always better to buy groceries and prepare meals at home," he added. "The commissary has so many choices available with promotions that go much further than our regular 30 percent or more savings."

Coinciding with Heart Health Month or anytime of the year, commissary patrons can also choose from a variety of "Good For You" foods, which are lighter in calories and more nutritious. These foods are infused with whole grains, fruits, vegetables, low-fat dairy, nuts and seeds or significant amounts of important nutrients but have reduced amounts

of total fat, saturated fat, sodium and sugar.

Customers are asked to check their local commissary for details on dates and times for the following promotions:

~ Super savings. The Super Bowl is Feb. 2, and leading up to that day, commissary shoppers can expect to see football-related Manager's Specials and club packs throughout the stores, offering discounts on select products for the big game.

~ Special big game savings are available through a Kraft promotion through Feb. 5. Stateside commissaries are receiving nearly 600,000 coupon flyers worth more than \$1.2 million in savings. The Kraft Foods Group is giving away one 42-inch, flat-screen television every week via www.mymilitarysavings.com leading up to Feb. 2. Go to www.commissaries.com, click on the Exclusive Savings photo in the bottom left hand corner of the homepage and select the Kraft link on the landing page.

~ Olympic rewards for commissary patrons. Coca-Cola, Kellogg's, P&G and The J.M Smucker Company, sponsors of Team USA at the 2014 Winter Olympics, are offering savings to commissary patrons on a number of participating brands. Pa-

trons can look for special commissary displays and digital coupons offered through the Commissary Rewards Card program. Rewards card users will also have the opportunity to enter for a chance to win one of eight \$500 Visa gift cards by purchasing any four participating products. This promotion ends Feb. 28.

~ The Kashi Winter Olympic program is offering coupons on Kashi and Silk Milk through Feb. 5 in commissaries. There are product demonstrations and extra savings on cereal, granola bars, cookies, crackers, frozen waffles, pizza and entrees.

~ ConAgra Foods will feature the "Celebrate at Home with La Choy! Chinese New Year Event" beginning Jan. 31, providing savings on select La Choy items along with recipes and coupons that cross-bundle with certain produce and meat products.

"There are so many exciting events occurring in February – the 2014 Winter Olympics, the Super Bowl, the Chinese New Year celebration, Valentine's Day and Heart Healthy Month," Chandler said. "Enjoy all of these events with your friends and family and don't forget to stock up on all your party foods at your commissary."

Reserve Seabees train with HSTL for overseas deployment

By MC1 Patrick Gordon
NMCB 25 Public Affairs

Seabees from Naval Mobile Construction Battalion Two Five (NMCB 25) are receiving counter-improvised explosive device (C-IED) training at the Gulfport Home Station Training Lane (HSTL). The Reserve battalion from Fort McCoy, Wis., is proceeding through the course in preparation for an upcoming deployment in support of Operation Enduring Freedom.

"This training is critical for personnel deploying to Afghanistan," said Charles Carpenter, site leader for Gulfport Home Station Training Lane (HSTL). "The IED is the number-one threat on the battlefield today, at a rate of more than three-to-one of the second highest casualty producer, which is small arms. It is the number one weapon of choice by the insurgent."

According to Carpenter, the HSTL was built to staff and meet pre-deployment counter-IED (C-IED) training worldwide. The four-day course at Gulfport HSTL is taught by personnel from the Engility Corporation and encompasses a wide-range of C-IED information, including ordnance detection

tools and methods, tactical medicine, and danger point tactics, techniques and procedures. Personnel are taught in four ways, from classroom knowledge-based instruction, demonstrations, practical evolutions, and ultimately a full mounted combat patrol mission.

"Our training is not about survival, it's about combat effectiveness," said Carpenter. "It's about facing the enemy and his chosen weapons system, the IED, and winning – not just surviving, but winning. So we try to instill that combat mindset in the individual going forward, and get that individual to realize that he can beat the insurgent and his weapon, because the individual Sailor is better; has better training, better equipment, and is in the greatest Navy on the planet. So we need our guys to understand they're on the winning team."

The members of NMCB 25 appreciate the gravity of the training, often forgetting that they are in an exercise. But all realize that this training will pay large dividends later, some better than others.

"This will be my second tour to Afghanistan," said Hospital Corpsman 2nd



Chief Builder Craig Witts checks Chief Steelworker Chad Roberts, both of Naval Mobile Construction Battalion Two Five (NMCB 25), for wounds in a simulated improvised explosive device (IED) attack during the Counter-IED (C-IED) course at the Gulfport Home Station Training Lane in Gulfport, Miss., Jan. 16. The training familiarizes personnel with C-IED tactics, techniques, and procedures, improving battlefield effectiveness, readying them for worldwide deployment. NMCB 25 is currently preparing for a scheduled deployment in support of Operation Enduring Freedom. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)

Class (FMF) James Spieker, of the NMCB 25 medical department. "And every single thing I encountered from my first deployment has been covered in class. They've really hit everything to a tee, and I think it's really going to help down the line and save a lot of lives by preventing IED attacks. The instruc-

tors ensure that everything is noticed, and if it's not, we'll go back and make sure it is so we don't make the same mistake again, especially when it counts."

NMCB 25 is a battalion of the Naval Construction Force. It is a routinely deployable unit, standing ready to provide construction support for Navy,

Marine Corps, and other organizations.

To be prepared, these Reservists train in both technical and tactical skills.

The primary focus of the Reserve units during their Active Training (AT) time is readiness training, and the maintenance and repair of Fleet activities.

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 PHP?ID=146 or more information, contact FDAE 1-877-332-3976

Seabees simulate injuries in support of community readiness

By MC2 John Curtis
NMCB 5 Public Affairs

Naval Mobile Construction Battalion (NMCB) 5 Seabees volunteered to play victims in support of local emergency services training for Ventura County on the California State University Channel Islands campus, Jan. 14.

The Ventura County Sheriff's Office of Emergency Services, in conjunction with the county fire protection district, emergency medical services, California State University Channel Islands, and the American Red Cross hosted a full-scale preparedness exercise named "Operation Ready Ventura County 2014."

The exercise scenario was a catastrophic earthquake that

has caused significant damage in Ventura County.

In the scenario the Seabees played victims spread across a three-story building complex on the university's campus.

"After briefing us on the scenario, they applied some realistic and detailed makeup [to] identify our injuries and then we went and waited to be rescued," said Construction Electrician 3rd Class Caitlin Brown.

The full day of events included being rescued from the building complex, evacuation to the temporary hospital setup at the gymnasium on campus, and also evacuations to the nearby airport.

"This was a great experience and I'm glad I came out to support," said Utilitiesman 2nd

Class Javier Rivera. "It was great to see how [local emergency services] operate."

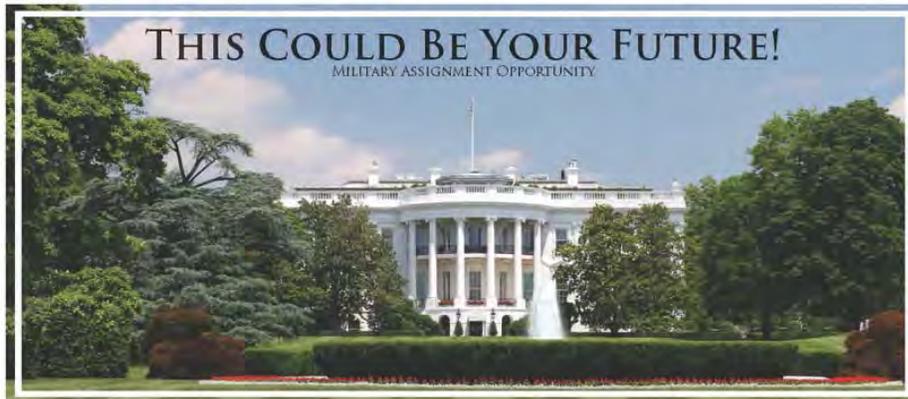
Rivera said that being from Hoboken, N.J., and seeing the response from emergency workers after Super Storm Sandy in 2012, he understands the importance of this training to prepare everyone for natural disasters.

"It's good to see how they operate and also help them train to ensure they can be more effective in an actual catastrophe."

Nearly a 100 volunteers supported the event, including other Seabees from Naval Construction Group (NCG) 1, NMCB 4, Naval Facilities Engineering Command Southwest, and also students from the university.



Firefighters Jason Bracer, left, and Adrian Orellana move Utilitiesman Constructionman Ashton Dawson onto a gurney to prepare him for evacuation from simulated wounds during Operation Ready Ventura County exercise on the campus of California State University Channel Islands. Dawson was one of the many volunteers from Naval Mobile Construction Battalion (NMCB) 5 who participated in the simulated earthquake disaster that allowed Ventura County emergency services to practice their skills to handle a major natural disaster. (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)



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Air Force Enlisted: 3D0X1, 3D0X2, 3D0X3, 3D0X4, 3D1X2, 3D1X3, 3D1X7, 3S2X1, 3S0X1

Where: Training Hall/Theater
NCBC Gulfport
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When: Tuesday, 11 March 2014 at 0930 hrs

For questions call 202-757-5150 or visit www.disa.mil/whca



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Area Off-Limit Locations

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board.

Permanent Off-Limits Establishments

Biloxi:

YaYa's, 2751 Pass Road
Gulfport:

Herbal Alternatives, 1909 East Pass Road

Herbal Alternatives, 11530 Highway 49

Sinsations Night Club, 1809 30th Ave.

Pascagoula:

Bunksmall Apartments, 708 South Pascagoula St.

Temporary Off-Limits Establishments

Ocean Springs:

The Purple Pelican Night Club, 1001 Bowen Ave.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

Focus on Education

Education Notes

Higher Education Workshop

Fleet and Family Support Center (FFSC) is sponsoring a two-day workshop Feb. 11 - 12, 8 a.m. - 4 p.m., which is designed to guide enrollees in multiple areas, including:

- Choosing a college and a degree
- Understanding funding issues
- Evaluating military credits
- Completing the admissions process

Call 228-871-3000 to register. This class is open to all with authorized access to NCBC, Gulfport.

Supervisors Role in HR Management

Supervisors Role in HR Management will be offered April 15 - 18, 8 a.m. - 4 p.m., at the Training Center of building 60 on board NCBC Gulfport. Course cost is \$325. Deadline for registration by SF 182 is March 17. Register on line at <https://www.portal.navy.mil/donhr/CourseRegistrations/Pages/LearnerRegistration.aspx>. After registering, please fax or email your completed SF-182 Training Request to OCHR Stennis Operations, Training Center to (228) 871-2400 (DSN 868) or email to lucy.galster@navy.mil. Class size is limited.

Behavior Modification for Weight Management

Fleet and Family Support Center (FFSC) is sponsoring a Behavior Modification for Weight Management class Feb. 18, 11:30 - 1 p.m. at the FFSC. To register or to receive more information, email paula.ingram@navy.mil or call 228-871-3000.

Navy Wives Clubs of America Scholarship News

The Scholarship Foundation of NWCA annually gives 30 scholarships in the amount of \$1,000 to \$1,500. To be eligible, an applicant must be a dependent son/daughter (natural born, legally adopted or stepchild) of an active duty, retired with pay or deceased ENLISTED member of the Navy, Marine Corps, or Coast Guard. The applicant must have a valid Dependent ID card (United States Uniformed Services Identification & Privilege Card). The applicant must also show basis of need for financial assistance, have a scholastic standing of at least a 2.5 grade point average (GPA) and be a graduate of an accredited High School or its equivalent or will qualify for graduation prior to beginning eligibility for assistance. Upperclassmen are welcomed to apply. The applicant should be physically capable of completing the course undertaken and be of good character. The grants are for tuition, room and board, fees, and books.

The deadline for Scholarship applications to be postmarked is May 31. Applications may be downloaded from the NWCA website - www.navywivesclubsofamerica.org or you may request an application from:

Linda Hedden - NWCA Scholarship Director, 1300 Hampton Drive, Summerville, SC 29483

Please include send a self-addressed stamped envelope when requesting an application.

Scholarships for Military Children deadline rapidly approaching

The deadline to apply for a \$2,000 scholarship through the Scholarships for Military Children is close of business Feb. 28. Applications must be turned in to a commissary. The program will award at least one scholarship at each commissary with qualified applications. Find out more and learn how to apply at: <http://www.militaryscholar.org>.

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

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.

'School Choice Week' happening in Mississippi; 30 events planned

From Kevin Byrd
NCBC School Liaison Officer

Gov. Bryant Proclaims Jan. 26 - Feb. 1 as 'Mississippi School Choice Week'

This week is School Choice Week in Mississippi and across the country. More than 30 events are planned across the Magnolia State, in addition to 5,500 events nationwide. Lending support to the effort is Governor Phil Bryant, who recently proclaimed Jan. 26 - Feb. 1 as "Mississippi School Choice Week."

The Week, which is the nation's largest-ever celebration of educational opportunity, gives students, parents, and teachers in Mississippi a chance to raise awareness of the different types of educational options available to families in advance of the 2014-2015 school year. Events across the state will include rallies, school fairs, roundtable discussions, open houses, and parent information sessions.

National School Choice Week spotlights all types of education options for families - including traditional public schools, public magnet schools, charter schools, private schools, online learning and homeschooling.

In addition to raising awareness of school choice options in Mississippi, the

Week also provides students, parents and teachers with an opportunity to call on leaders in Jackson to expand access to high-quality education environments for children.

"Mississippi families know that when parents have the freedom to choose the best schools for their children, great things happen," said Andrew Campanella, president of National School Choice Week. "Student achievement increases, graduation rates rise, and children are better prepared for real life."

Said Campanella: "Mississippi families have more access to quality school options than ever before, and we are grateful to Governor Bryant for helping to shine a positive spotlight on effective education options for children."

The Week officially kicked off at a major rally Saturday night in Houston, Texas. Today, students wearing National School Choice Week's signature yellow scarves will ring the opening bell of the New York Stock Exchange.

National School Choice Week is an independent public awareness campaign that shines a spotlight on effective education options for all children.

For more information, visit <http://www.schoolchoiceweek.com>

SEABEE GIFT STORE

Searching for that perfect retirement keepsake? The Seabee Gift Store offers a variety of Seabee-related memorabilia such as books, clothing items, coins, pins, flags and more, all at prices that fit a wide range of budgets. The gift store is located in the Seabee Heritage Center Training Hall, building 446 and open Monday - Friday, 10 a.m. to 4 p.m.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Bowl Day . . . Play by Play

Football-shaped bowl of nuts is on the coffee table. Starter log is sputtering in the fireplace. Dog has been walked. Wings are in the oven. Official play begins.

My husband, ensconced in his tattered college sweat-shirt, cargo pants he bought himself off the sale rack at Target, and ratty old sheepskin slippers, surveys the field, attempting to locate the best seating formation for maximum game-viewing comfort. Capped beer in hand, he glances around to be sure that I am not in the room, then positions himself in front of my favorite spot on the couch.

My husband doesn't utilize his quadriceps to gradually lower his weight into a seat like most human beings; instead, the instant he feels his knees break their upright locked position, he disengages all muscles, allowing his entire torso to free-fall toward his desired location. Interestingly, my husband, all three of his brothers and their father are infamous chair wreckers, leaving snapped legs, warped springs, and crooked recliners in their wakes.

As if seized with temporary paralysis of his lower extremities, my husband's knees buckle, sending his girth plummeting toward our aging couch with violent impact. *GUH-GLUNK*

Entering the room, I see my son sitting on the floor munching a bag of tortilla chips, and my husband in my seat.

Hoping a bit of nagging will roust him, I harp, "Hey Hon, if you insist on watching the game from my favorite spot, could you at least sit down gently? Every time you sit there, I hear that spring clunk under you like it's broken or something."



"God help me," he grumbles under his breath.

I settle temporarily for the other end of our couch, and realize that my husband's offensive move required a smarter defense. "You know, I think you'd better poke that fire Honey, you know how unpredictable those starter logs can be."

My husband looks at me suspiciously, but I feign ignorance, "Have the Seahawks colors changed? Didn't they have royal blue jerseys a few years ago?" As my husband steps toward the fireplace, I inconspicuously employ a slide-lift-blitz maneuver to regain territory. But just as I reach the center cushion, our dog appears, licking my face. Nice block.

GUH-GLUNK "Alright guys, c'mon, let's get some real points on the board!" my husband yells after swiftly retaking my rightful seat. To add insult to injury, he lobs his ratty sheepskin-slipped foot into my lap and slurps the last of his beer. Unsportsmanlike conduct.

"Hey Mom."

"Yes," I mutter, trying to hide my gritting teeth.

"Are those wings done yet?"

"Not yet," I look over just as my son tips the bag of chips over his open mouth, triggering a mini-avalanche of corner crumbs which cascades into his mouth, eyes, shirt, and the freshly-vacuumed family room carpet, "but I'm fairly certain you'll survive."

Just then, the cells of my

brain call a huddle, and a new play is formed. Time out.

While my husband and son laugh at silly beer commercials like simpletons, I disappear to the kitchen, returning a few minutes later with a heaping tray of hot wings. Like some kind of modern day June Cleaver, I smilingly dole out platefuls to my unsuspecting husband and son.

And then I wait, nibbling patiently on a stalk of celery.

As expected, they dig right in, my son meticulously dissecting each tiny radius, ulna and humerus, then sucking each finger from base to tip. My husband on the other hand, plops whole wings into his open mouth, and after manipulation with teeth and tongue, pulls the bones out from his pursed lips, stripped clean of meat, fat, skin and cartilage.

"Whew!" my husband exclaims, wiping his brow with a saucy napkin, "Spicy, hu?!"

My son is the first casualty, running for a soda, while my husband tenaciously sweats through another wing or two before abandoning his position in search of cold beer to sooth his burning lips.

Thanks to a few extra shakes of hot sauce, my play worked. With the coast finally clear, I muster what's left of my middle aged agility. Hail Mary.

Reentering the room, my husband sees me, firmly seated in my favorite spot on our couch. I pump my up-turned hands in the air while wiggling my knees back and forth, in a pompous victory dance.

SCORE!

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>

Health Watch

Did You Know?

TRICARE Minimum Essential Coverage

From Lt. Adam Susmarski
Naval Branch Health Clinic
Gulfport

With TRICARE, you have minimum essential coverage under the Affordable Care Act. Minimum essential coverage must be in place by Jan. 1, 2014.

This is the type of health care coverage needed to meet the individual responsibility requirement under the law.

Most people who do not meet this provision of the law will be required to pay a fee for each month they do not have adequate coverage. The fee will be collected with 2014 tax returns.

If you are losing premium-

free TRICARE coverage based on a sponsor or beneficiary status change and choose not to purchase premium-based TRICARE coverage for which you may be eligible (i.e., TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult, or Continued Health Care Benefit Program), you can find other health care coverage options at www.healthcare.gov.

Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account to contact or follow-up with your provider.

Base Housing Yard Sale - Yard Sales are permitted in Base housing once a quarter. The next one is scheduled Feb. 15, 8 a.m. - 1 p.m. Please place the items for sale in your front yard. All signs advertising your yard sale are only permitted to be displayed in your front yard. If you have any questions please feel free to call the Housing Office at 228-863-0424 or email lladner@bbcgrp.com

VITA Tax Assistance

Building 60, Room 116Z

VITA services are limited to:

Active duty military; Retired members entitled to retired/retainer pay or VA compensation; Dependents of those listed above; Reserve military on active duty for 30 days or more; Emergency cases only for Reservists on active duty less than 90 days; Reservists during premobilization; Reservists up to 30 days after demobilization; 20/20/20 spouses/dependents receiving transitional compensation; dependents of members separated for abuse consistent with 10 U.S.C. 1059
Call 228-871-3597/2301

VITA
Volunteer Income Tax Assistance



Free Movies at the Training Hall

And, don't forget about the fresh buttered popcorn and cold drinks at that sweet price that won't break your wallet!

**Movie Hotline:
228-871-3299**

Friday, Jan. 31: 5:30 p.m., Gravity, PG13; 7:30 p.m., Machette Kills, R

Saturday, Feb. 1: 2 p.m., Cloudy With a Chance of Meatballs 2, PG; 4:15 p.m., Ender's Game, PG13; 6:45 p.m., Delivery Man, PG13

Sunday, Feb. 2:

3 p.m., Cloudy With a Chance of Meatballs 2, PG; 5 p.m., Delivery Man, PG13; 7:15 p.m., Homefront, R

START REVVING THOSE ENGINES BECAUSE...

Daytona 500 Tickets ONLY \$62

Regularly \$139!



Call ITT at 871.2231

Race Day is Sunday, February 23rd

Other tickets and Fan Zone passes available.

Intramural Racquetball League

Racquetball League

Season starts the week of Feb. 24th

SIGN UP
Jan. 20 - Feb. 10, 2014

OPEN TO:

- ALL ACTIVE DUTY
- DOD EMPLOYEES
- DEPENDENTS
- RETIREES

Coaches' Meeting is Feb. 12 at 10:30 a.m. in the Fitness Center Conference Room.

To register your team, stop by the Fitness Center. For details, call 822-5109

NAVY OUTDOOR RECREATION FEBRUARY SPECIAL!



Rent ANY Inflatable and receive choice of popcorn/cotton candy machine, 1 table & 6 chairs OR an Ice-Filled 120qt. Cooler for **FREE!**

(deposit still applies)



Safari Toddler



Bouncy Houses Daily Rental Fees Range from \$40 - \$140

*Parent Testimonial:
I rented the sports combo bouncy house on Saturday and was able to bring it back on Monday for only \$56! This is a steal! Not only did the kids have a blast all weekend but I was able to SIT (unheard of for a mom) in my lawn chair and watch the children have a safe and fun time at my own home. What a great weekend! Thank you so much! - Tammie Holland, 1/17/14*



Sports Combo

Free Food Prizes & Budweiser Giveaways

WIN 2 Free TOPS OF THE HOPS Tickets!

Join us at The Beehive

2.2.14 4:30p -10:30p

for

Watch the BIG GAME on 7 TVs for Surround Sound Action!

SUPER BOWL XLVIII



Beehive is located in Building 352. Contact Michael Sweetapple @ 228-424-6892 for details

2nd Annual RV PARK Super Bowl Sunday POTLUCK



Come join the Fun, Watch the Game, Meet new people and Share your favorite recipe!

All beverages are available for purchase at the A&E venue

For additional details, please contact the RV Park staff at 228-871-5435

NCBC Helping Hands

BILOXI VA - Biloxi Veterans Hospital is having an awards ceremony for their volunteers April 18, and they are looking for volunteers who would come to the ceremony and show off their talents by doing a skit, sing or dance. If you are interested in this unique opportunity to volunteer, please call Susan at 228-871-3640 or Sharon at 228-522-5786.

ELDERLY ASSISTANCE Volunteers are needed to help paint a handicap ramp and dig a trench around a house to solve a drainage issue. Please contact Susan at 228-871-3640 to volunteer.

DISABLED VET NEEDS ASSISTANCE - Couple who lost everything in Katrina and rebuilt has problem with water coming into their home every time it rains. Volunteers are needed to dig a French Drain. Please call Claudia at 228-686-3081 or email c49706@bellsouth.net if you are able to help.

SENIOR ASSISTANCE - Seniors are in need of assistance with minor home repairs. The first involves a leaky ceiling, the second is replacing gutters. Materials will be purchased as soon as volunteers can determine materials needed. If you can help, please contact Susan Smith at 228-871-3640.

BOOST READING PROGRAM - 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested in volunteering, please call Samantha Benson, 228-867-2140.

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. If you are interested in volunteering, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing

a 40-by-20 maintenance shed, fabricating display cases. 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 website allows you to keep track of your hours. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org. We look forward to having you on our volunteer team!

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time to help.

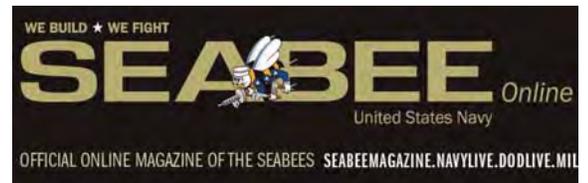
HELP SENIORS AND DISABLED CITIZENS

Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call 228-871-2610. Also in need of gently used donations.

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.

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to seabeecourier@navy.mil and check out the new and improved website at: http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html



Seabee Memorial Chapel



Religious Services
Sunday:

Contemporary: 8 a.m.
Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesdays at 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

What's happening at the Chapel?

Sundays

- Contemporary (Gospel) Service: 8 a.m.
- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (All Ages)
- Catholic Mass: 9:30 a.m.
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Beyond Club: 2:30 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Contemporary (Gospel) Praise and Worship Team Practice: 5 p.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (All Ages) (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 6 p.m.
- Club Beyond: 6 p.m. (middle to high school students)

- Catholic Choir Practice: 7 p.m.

Wednesdays

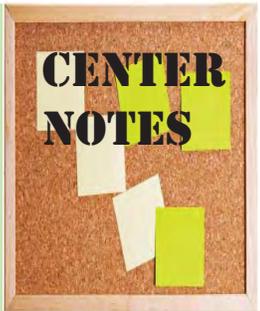
- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

Meetings:

Chapel Council meetings

The Seabee Memorial Chapel will host Chapel Council meetings in the Fellowship Hall 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 State of the Chapel meetings with Chaplain Davis and Father Paddy that are open to all congregation members. The meetings will be at 5 p.m. Feb. 3, May 5, Aug. 4 and Nov. 3.



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 For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.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 details.

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 (FOCUS), 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
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 goscgulfport@gmail.com or Facebook https://www.facebook.com/gosc.gulfport. We hope to see YOU soon!

Navy Wives Clubs of America, Inc. The 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. Cdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

PMI Membership Drive

The Project Management Institute (www.pmi.org) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact

Mike Saunders at saundersmt@earthlink.net or Len Krapcha at Ikrapcha@aol.com for more information.

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 CE1 Clark at 228-871-2608 or call the Seabee Memorial Chapel 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 info.

The Ladies Auxiliary to the VFW Post 3937 Long

Beach 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 person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

VFW Post 4526 Orange

Grove is open daily from Noon to 10 p.m. and locat-

ed 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, go to http://nmcb62alumni.org or for links to Seabee historical sites.

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.

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, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-24w88 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. Contact the museum at www.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.



GULF COAST USO
901 CBC 3rd Street, Building 114, 228-575-5224
Free services: FAX - Send/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.

February Fire Safety Message

From NCBC Gulfport Fire and Emergency Services

Thawing frozen pipes while preventing housefires:

Don't try to thaw a frozen pipe with an OPEN FLAME; as this will damage the pipe and may even start a building fire.

You might be able to thaw a pipe with a hand-held hair dryer. Slowly apply heat, starting close to the faucet end of the



pipe, with the faucet open. Work toward the coldest section.

Don't use electrical appliances while standing in water; you could get electrocuted.

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