



Inside the Gate



April 21, 2016

For the following tidbits of information and more, visit www.cnic.navy.mil/gulfport. Want your news or event posted? Let us know by sending an email to bonnie.lindleymcgerr@navy.mil or call 228-871-3662. All content in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

April is Sexual Assault Awareness & Prevention Month (SAAPM) - The Department of Defense's 2016 theme is Eliminate Sexual Assault: Know Your Part. Do Your Part. Events to increase awareness include **Walk a Mile in HER Shoes and presentation of donations to Gulf Coast Women's Center for Non-Violence, April 22, 7 a.m., on the Fitness Center Track**; Quarterdeck Decorating Contest, 9 – 10 a.m., April 28; Victim Advocate Appreciation Lunch, 11 a.m. – 1 p.m., April 28. **Everyone is invited to come out and support these events.**

April is Alcohol Awareness Month: If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking: ~ Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men; ~ Keep track of how much you drink; ~ Don't drink when you are upset; ~ Avoid places where people drink a lot; ~ **Make a list of reasons not to drink.**

April is Child Abuse Prevention Awareness Month and Month of the Military Child – This year's theme is "Children Thrive When Supervised, Safe and Sound." Events to raise awareness during April include Navy Night at Lynn Meadows Discovery Center April 23, 5 – 8 p.m. with free admission for all Navy, Coast Guard and Marine Corps families; Free hotdogs and resource table in front of FFSC (Building 30) April 28, 11 a.m. – 1 p.m. **Report suspected child abuse to Fleet and Family Support Center at: 228-871-3000, the Mississippi Department of Human Services: 1-800-222-8000 or 601-432-4570, or dial 911.**

FOCUS/NEX -Month of the Military Child Coloring Contest – Families Over Coming Under Stress (FOCUS) and the Navy Exchange (NEX) are sponsoring a Month of the Military Child Coloring Contest through April 30. The rules and contest entry form are available at the NEX or at FOCUS (304 John Paul Jones Ave., Room 405 -next to Anchors & Eagles). **Winners will be announced May 2 at the NEX.**

Traffic pattern changes at NCBC Gates – Due to traffic configuration changes, delays may be experienced when entering/exiting NCBC Gulfport. **Please slow down, be courteous, pay attention to Security Forces and plan accordingly.**

Navy-Marine Corps Relief Society Active Duty Fund Drive Golf Tournament - April 29 at "The Oaks" - Pass Christian. Check in: 8 - 8:30. Shotgun start: 9 a.m. Must have 3-4 person team. Call 228-813-4000, ext. 13105 for more information, or visit: <https://tinyurl.com/zg4m3o6> for a copy of the registration form and tourney details. **Sponsored by Special Boat Team 22 MWR.**

It's time to wash the Bee! - Throughout the year, our beloved Seabee who stands watch over NCBC on the Parade Field (NCBC grinder), gets pretty dirty. In the name of good, clean fundraising, several people around base and other local bases are nominated by their peers (and subordinates) to wash the Bee. This will happen **May 5, 11 a.m. - noon on the grinder.** All donations will go to benefit Navy and Marine Corps service members and their families as part of the **Navy-Marine Corps Relief Society (NMCRS) 2016 Active Duty Fund Drive.** Everyone is welcome to make a donation and a nomination. **The lucky nominees as of noon, April 18 are:** CUUCM Shawn Babb, Lucky Eleven, \$154.91; Janet Odenthal, GOSC, \$150.30; CDRE Aguayo, 22NCR, \$138; Alice Huffman, NMCRS, 103.08; Charles Hodge, NCBC Admin, \$70; LCDR Sheets, NMOPDC, \$65; CDR Anthony Conley, NCBC, \$55; CDR Stasick, NCG2, \$39.92; CAPT Hansen, NCBC, \$25; Rob Mims, NCBC, \$20.87; CDR Cuadros, Lucky Eleven, \$20; CDR Spears, The First and the Finest, \$20; EQCM Helen Daniel, 7NCR, \$20; CDR Jason McCoy, NOSC, \$8.73. **Total contributions as of April 18: \$890.81.** Keep 'em coming! **To make a donation or nomination, contact Alice Huffman, Director, NMCRS Gulfport at 228-871-2610. All donations have to be turned in by 1 p.m., May 4.**

12th Annual Run for Relief 5K and Military Challenge – The Annual Run for Relief 5K and Military Challenge fundraiser for the Navy-Marine Corps Relief Society 2015 Active Duty Fund Drive is May 14, 8 a.m., at Run N Tri Gulfport. Military teams and individual efforts will be recognized. **For more information and to sign up visit: <http://RACESONLINE.COM>.**

NFCU Hours Change – Effective May 16, Navy Federal Credit Union on board NCBC will have new hours of operation. **The new hours will be Monday – Friday, 9 a.m. – 5 p.m. and Saturday, 9 a.m. – 1 p.m.**

Military Spouse Career Fair - Bring your resume and come prepared to interview at the Military Spouse Career Fair, May 17, 10 a.m. - 2 p.m. at Fleet and Family Support Center (FFSC). If you don't have a resume - no worries - just call FFSC at 228-871-3000 for assistance with writing one! **Everyone with authorized access to NCBC Gulfport is invited.**

Career Technical Training Workshop - Fleet and Family Support Center (FFSC) will host a Career Technical Training course for military retirees and separating members with an interest in a career, trade or technical field from 8 a.m. - 3 p.m., May 18-19. This course will be facilitated by the Department of Veterans Affairs. Spouses of eligible transitioning service members are welcome and encouraged to attend. **Call FFSC at 228-871-300 to register.**

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 at the NCBC Fire Department 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.**

Mark your calendars – The annual NCBC Gulfport Commissary Case Lot Sale is scheduled for May 27-28. **Stock up and save!**

Seabee eCourier – Read the latest edition of the Seabee eCourier at: <http://tinyurl.com/CBCourier>

Auto Skills Center – Open Wednesday – Friday, 2 – 8 p.m., Saturday and Sunday, 10 a.m. - 5 p.m. Sell your vehicle, boat, or trailer at the MWR Resale Lot – great rates and high exposure! **Call for details 228-871-2804.**

The Grill, Building 418 – Share with your buddy with the Buddy Burgers Special! 2 cheeseburgers, 2 sides (chips or fries) and 2 fountain drinks just \$10! Open Monday – Friday 7a.m. – 1:30 p.m. for breakfast and lunch. FREE lunch delivery available; just call 228-871-2494. **If you have a comment or question, please send an email to Michael.sweetapple@navymil.**

A reminder from NCBC Security - All privately owned vehicle operators on Navy installations and operators of government-owned and/or leased vehicles on and off Navy installations shall not use cell phones or other hand-held devices while operating any motored vehicle. The wearing of any portable headphone, earphones, or other listening devices while operating a motor vehicle is **PROHIBITED**. All motor vehicle operators shall refrain from any activity that presents a distraction while driving or that could lead to a traffic mishap such as eating and drinking, operating radios and CD players, global positioning equipment, manual voice to text and text messaging. **For further information, see OPNAVINST 11200.5D.**

Enjoy more lunchtime options with Food Trucks! - Lunch time just got more exciting with expanded dining options! Mondays & Wednesdays enjoy southern cuisine courtesy of Taste Budz. Tuesdays & Fridays take a bite into the flavors of BBQ World. Look for the trucks at the **Training Hall parking lot - 10:30 a.m. – 1:30 p.m.**

What's happening at the Seabee Memorial Chapel - Protestant: Sunday, 9:15 a.m. - Sunday School; 10:30 a.m. – Protestant Service, 11 a.m. - Children's Church; Weekdays: Wednesday, 11:30 a.m. - Praise Break (20 minutes of praise and worship through music); 11:30 a.m. – **Men's Bible Study; Noon - 1 p.m. - Protestant Women of the Chapel Bible Study. Catholic: Sunday, 8:30 a.m. - Rosary/Confession; 9 a.m. – Mass; CCD Class – 10 a.m.; Monday, Tuesday & Friday - 11:15 a.m. - Mass; Thursday, 5 p.m. - Holy Hour; 6 p.m. – Mass; 6:30 p.m. – Catholic Fellowship.** Visit the Chapel Facebook page for updates: <https://www.facebook.com/ncbcchapel>, email: gulfportchapel.fct@navy.mil, or call 228-871-2454.

Learning Resource Lab - Do you know about the Navy MWR Digital Library? Check it out here: www.NavyMWRDigitalLibrary.org. **Enjoy free Stuff?** Stop into ITT between **noon and 12:30 on the first and third Friday of the month** to learn how you can receive free books and more! **Limited seating! Come out and learn over lunch!**

Zika Virus Information – Navy Medicine and the Center for Disease Control (CDC) have provided the below links which contain extensive details on the Zika virus. The CDC recommends pregnant women consider postponing travel to any area where Zika virus transmission is occurring. Additional information and resources can be found using these links: <http://www.med.navy.mil/sites/nmcphc/program-and-policy-support/Pages/Zika-virus.aspx>; **Point of contact for Zika Virus information at Naval Branch Health Clinic (NBHC) Gulfport is HN Brian Masse, who may be contacted via email at: brian.d.masse.mil@mail.mil.**

Fitness Center – Fitness Hours: Monday – Friday, 4:30 a.m. – 9 p.m., Saturday and Sunday, 7 a.m. – 7 p.m. **Spring is here and so are new pool hours!** The pool is now open **Monday-Friday 5:30 a.m. - 5 p.m.; Saturday & Sunday 9 a.m. - 4 p.m.** Sign up for summer Swim Lessons at the Fitness Center today. Take a dip for **Water Aerobics every Tuesday & Thursday at 10:15 a.m.** Do you have what it takes to Break the Record at Aquatics? Give it your best shot April 26 and 29! How well can you dodge, duck, dip, dive and dodge? Show us what you've got – April 29, 7 – 9 a.m. All Month – Yoga, Functional Fitness (NOFFS), and Zumba workouts available. MWR Facebook page has the details: www.facebook.com/ncbcmwr **Call the Fitness Center at 228-871-2668 for more information.**

Register to Vote - If you would like to register to vote, visit FVAP.gov now to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. **NCBC Voting Officer is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.**

Seabee Cinema, Building 446 Marvin Shields Blvd. - Regular movie showings Friday - Sunday of every week! Showing this weekend: **Batman vs Superman: Dawn of Justice 3D** (PG13); **My Big Fat Greek Wedding 2** (PG13); **The Divergent Series: Allegiant** (PG13); **Zootopia** (PG). Pick up a copy of our new Movie Schedule today at any of our facilities! Call the 24-hour Movie Hotline at 228-871-3299. **Enter to win in the Seabee Cinema Giveaway** – Just take our survey: <https://poll.fbapp.io/seabee-cinema-drawing>

Anchors and Eagles, Building 303, is the perfect place for you to come and unwind. Open Tuesday - Thursday, 2-6 p.m. (E7 and above.) Monthly social is the fourth Thursday of the month with FREE food! **The fun begins at 3:30 p.m. Questions? Call 228-871-2538.**

Navy Community Recreation Information Tickets & Travel – Stop in and pick up discounted tickets to local events! Your ITT now has tickets available for: Biloxi Shuckers, Ship Island Excursion, Infinity Science Center, Talladega Motor Speedway, and Honey Island Swamp. Did you know we sell discounted vacations packages to resorts and amusement parks nationwide? **Come and see Josh and Jocelyn or call 228-871-2231 for more information.**

Liberty Center - Check out what's happening this week at Liberty! **April 23, 10 a.m.**, USS Alabama Tour, \$12; **April 24, TBA**, Humane Society Volunteer Opportunity, Earn a Letter of Appreciation; **April 25, All Day**, Mother's Day Cards. Show Mom you care; **April 25, 6 p.m.**, Movie Monday: Mockingjay Part 2, Free popcorn; **April 26, All Day**, Mother's Day Cards. Show Mom you care; **April 26, 6 p.m.**, Tournament Tuesday: Call of Duty, 1st Place Prize; **April 27, 6 p.m.**, DIY Wednesday: Mother's day Cards, Design it just for Mom!; **April 28, 6 p.m.**, Guitar Lessons, Free. Call Liberty at 228-871-4684 for information. Sign up now for **Liberty's Memorial Day Weekend Atlanta Trip** – as low as \$160 per person.

The Hive – All Hands Club at Building 352 – Open **Wednesday and Thursday, 6 – 10:30 p.m., Friday and Saturday, 6 – 11:30 p.m.** Enjoy seven TVs for sports action, unwind with darts, pool, or video games and enjoy choice music! Bring your own video games and enjoy relaxed gaming! There's no better place to celebrate Cinco de Mayo! **If you have a question or comment, please send an email to Michael.sweetapple@navy.mil.**

MWR Extreme Teen Center - Open Monday-Thursday, 3:30 – 8:30 p.m., Friday, 3:30 – 9 p.m. NCBC Gulfport Teen Center is open to 13 - 18 year olds currently enrolled in middle and high school and who have access to NCBC Gulfport. Register at the Youth Activities Center (YAC), Building 335, Bainbridge Road. Call 228-871-2251 for info. **Operation Megaphone:** Operation Megaphone is a Teen Lock Event, which will be held April 29 at 7 p.m. through April 30 at 7 a.m. We will be participating with Youth Centers from NAS Meridian, NAS Columbus and Keesler AFB. The Lock in will be at NAS Meridian. Also we will be completing a service project during the lock-in. We will be designing care packages for our troops both here at home and overseas. Cost is \$15. Contact the Teen Center 871-5074 for details. This week's YAC activities: **4/22 – 6-9 p.m.**, Movie Night w/ Nachos & Drink, \$2; **4/23 – 9 a.m. - 3 p.m.**, DeSoto National Forest Cleanup, \$4; **4/26 – 5:30-8:30 p.m.**, Soda Straw Weaving, Free; **4/27 – 5:30-8:30 p.m.**, Image Makers: Learning Styles, Free; **4/28 – 5:30-8:30 p.m.**, Smart Moves, Just Say No Door Decorating & Pledge, Free

Volunteer your time - Volunteer opportunities on base or in the community are available and will provide an opportunity to make a difference and learn about programs and services offered. Call Fleet and Family Support Center at 228-871-3000 for additional information. Did you know there is a list of volunteer opportunities in the Seabee Courier each week? They are also maintained online. **Anyone can volunteer, just contact the POC and let them know you are interested. Go to http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/news.html**

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