

# SEABEE COURIER

## PWD Holiday Spirit



**Navy Facilities Engineering Command Southeast, Public Works Department (NAVFAC-SE PWD) Gulfport Public Works Officer Cmdr. Brian Nottingham spends some time beside the yuletide fire at PWD Gulfport on board NCBC Gulfport, Dec. 18. Several departments around the base, including PWD Gulfport have decorated their offices for the Holidays.** (U.S. Navy photo by Equipment Operator Constructionman Kia Nicholas/Released)

**For more photos of Holiday Cheer around the base see page 5**

## Chaplain Corps celebrates 238th birthday

**By Lt. Joseph Daniel Johnson**  
NCTC Command Chaplain

On Dec. 6, over 45 folks gathered at Café Climb to celebrate the 238th anniversary of the Navy Chaplain Corps. The luncheon opened with a marvelous A Cappella rendition of the National Anthem by Chief Legalman Tracy Mitchell.

The event was hosted by the Commanding Officer of Naval Construction Training Center Gulfport, Cmdr. Scott Anderson. During welcoming remarks he stated, "It is great to have this opportunity to learn a little bit about what the Chaplain Corps has endured and the values they provide to us as a Navy. There isn't a day that we can't thank the chaplains and Religious Program Specialists enough for what they provide to our organizations," said Anderson. "I know that you are often unrecognized for all the various things that you do as it is a very diverse list. So, thank you."

Capt. Paul J. Odenthal, Commanding Officer of Naval Construction Battalion Center Gulfport, was the guest speaker. He began his remarks in comedic fashion, "To all our chaplains and RPs, happy birthday! You don't look too

bad for being 238 years old." Capt. Odenthal then sincerely commented, "Our chaplains are not just with us to pray with us, they are one of us," said Odenthal. "They go where we go, on the battlefield and at home, and they are with us everywhere we go."

Capt. Frederick McGuffin the Force Chaplain of Marine Forces Reserve New Orleans presented Capt. Odenthal with a Navy Chaplain Corps polo shirt and a plaque from the Gulf Coast Chaplains recognizing Capt. Odenthal as an Honorary Chaplain.

Those who attended the luncheon received a commemorative Navy Chaplain Corps coin which reads, "UNITED STATES NAVY CHAPLAIN CORPS, IN CELEBRATION OF 238 YEARS OF FAITHFUL SERVICE – PROVIDE, FACILITATE, CARE, ADVISE."

Navy Chaplains are the keepers and facilitators of Pluralistic Ministry. The Chaplain Corps is made up of over 800 Navy Chaplains, who come from more than 100 different faith groups. They enable the free practice of religion for all the Sailors, Marines and Coast Guard personnel who serve.

To find out more about the Chaplain Corps, visit [www.chaplain.navy.mil](http://www.chaplain.navy.mil).

## Holiday Gate hours\*

**Pass and ID:**  
Dec. 24: 6 a.m.-noon  
Dec. 25: Closed  
Dec. 31: 6 a.m.-noon  
Jan. 1: Closed

**28th Street Gate:**  
Dec. 24: 5 a.m.-noon  
Dec. 25: Closed  
Dec. 31: 5 a.m.-noon  
Jan. 1: Closed

**Broad Avenue Gate:**  
Dec. 23: 5 a.m.-5 p.m.  
Dec. 24 - Jan. 5: Closed

**\*Unless otherwise noted hours remain as normal throughout the holidays.**

**The Seabee eCourier will be on a two-week holiday. The first 2014 edition of Seabee eCourier will be published Jan. 9.**

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## Happy Holidays from the Odenthals

**By Capt. Paul Odenthal**  
CO, NCBC Gulfport

Janet and I want to wish all of you a Merry Christmas and our best wishes for a prosperous New Year. It was great to see the crowd at the tree lighting. Despite the monsoon-like weather, that "CAN DO" Christmas spirit won out and it was a great event. Well done MWR! I also want to thank all who are involved in the many charitable activities happening across our base and in the community. Each of you are making a difference and having an impact.

There is no busier time on the calendar than the stretch of days from Thanksgiving to New Years. And there are certainly good reasons that our dance cards fill up as we quickly transition from giving thanks for our blessings into celebrations of Hanukkah, Christmas, and ringing in the New Year. It is a season that can and should be filled with great joy. Sometimes we miss that joy and allow what should be a good "busy" to become hectic,

even frantic. Or we fail to recognize that joy because of other things, less than joyous, going on in our lives. Now there is a great deal of information out there about dealing with holiday stress. I am not going to revisit them all nor claim to be an expert. I just want to offer three simple pieces of advice:

- 1) Separate the artificial stressors from the real. Stress adds up no matter what the source, but how much is self-inflicted or within your control to change? If it is too much, can you eliminate it?
- 2) If you can't eliminate the stress, acknowledge it and deal with it. Get help if needed. You have many resources available.
- 3) Finally, remember you are never alone. You may be physically separated from family and loved ones but your Navy family is here with you and for you. Reach out, share, commiserate (a little), and celebrate with those around you. Like the Seabees and families of NMCB 11 who are enduring separation over the holidays; Janet and I have had several

"Deployed Christmases." While we would have rather been together, I can tell you that some of our fondest Christmas memories include celebrating Christmas, for me, with my shipmates and, for Janet, with other Navy families in the same situation.

Switching gears, you may have recently seen or heard that we lost a member of our base Security Department, one of our civilian security guards named Robert "LJ" Avery. If you ever spoke with him or passed through the gate when he was on duty, you would remember him. He stood out. A prior Marine, he was the epitome of a professional and an exceptional human being, not only a friend and mentor in the department, but also a devoted son and loving father of two boys. His life came abruptly to an end on the eve of Thanksgiving when a drunk driver crossed into his lane of traffic and collided with him head on. It is sadly ironic that one who lived his life with such a great sense of purpose was taken by a senseless and selfish act. While I am grateful that the drunk driver was not a member of our base community, it could have been. We see more than our share of DUIs because folks decide it is okay to drive after "a few drinks." If you think this behavior is okay, then



I ask you to remember LJ. Remember his friends who miss him. Remember his mom. Remember his boys. Then simply don't do it and stop others from making this foolish choice. The cost is too high.

On a more positive note, there are many great activities happening on base and in the community to add to your holidays. Our chapel has a full line up of services as well as the numerous options out in town. There are concerts, plays and activities to suit every desire. Noteworthy as well are several light displays in the area that would put the Griswold house to shame, including one in Pass Christian that was featured on the ABC's "The Great Christmas Light Fight."

Again, Merry Christmas and all the best for the upcoming New Year. Enjoy the celebrations and time off but come back safe, sound, and ready for the challenges of 2014!

### 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 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**  


By CECN(SCW) Lucinda Moise, NCBC Public Affairs

*Is it better to give or to receive?*



"To give. That's what the holiday season is all about."

**CS1(SW) Bobby Atkins**  
 NCBC  
 Hometown: San Francisco, Calif.



"It's better to give. You get more enjoyment out of it."

**BUCN(SCW) Cetyana Sickels**  
 NMCB 1  
 Hometown: Swanzey, N.H.



"It is better to give because seeing people smile is priceless."

**CM3(SCW) Matthew Evon**  
 NMCB 133  
 Hometown: Rochester, N.Y.



Naval Construction Training Center (NCTC) instructor Staff Sgt. Raul Cisneros checks the work of Builder class 14010 at NCTC on board NCBC Gulfport, Dec. 17. Cisneros ensures the walls are squared and are constructed properly. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Personnel assigned to Naval Facilities Engineering Command (NAVFAC) Southeast (SE), Public Works Department (PWD) Gulfport and Construction Equipment Department (CED) work together during an annual certification test on a Medium Tactical Vehicle Replacement (MTVR), Combat Wrecker on board NCBC Gulfport, Dec. 16. The equipment is tested to 110 percent of its load capacity to ensure it will perform as designed when a battalion uses it during a deployment. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Builder 2nd Class Bryan Peter, Construction Mechanic 2nd Class A. J. Wymore and Utilitiesman Ryan Rygh, assigned to Naval Construction Group (NCG) 2, check out desserts donated for the Can Do Christmas Baked Goods Silent Auction at Contingency Construction Crew Training (CCCT), building 260, ADR Classroom on board NCBC Gulfport, Dec 12. Proceeds from the silent auction will go to the Can Do Christmas program to assist less fortunate families in the community. For more information contact CCCT personnel at: (228) 871-2145. (U.S. Navy photo by Equipment Operator Constructionman Kia Nicholas/Released)

# MCPON Stevens makes 1st visit to NCBC Gulfport

By MCC(SCW/SW/AW)  
**Ryan Wilber**  
 NCBC Public Affairs

Master Chief Petty Officer of the Navy (MCPON) Mike Stevens visited Naval Construction Battalion Center (NCBC) Gulfport for a lunch and two all-hands calls, Dec. 10. The visit was Stevens' first visit to the Seabee Base, and part of his current 12-stop Gulf Coast swing, which started in Mississippi and ended in Florida.

Stevens is the 13th MCPON since its inception in 1971. The MCPON serves as the senior enlisted leader for the U.S. Navy and advisor to the Chief of Naval Operations (CNO) on all enlisted matters.

The visit began with a special lunch with several Sailors and Seabees. Stevens spoke to the attendees about the matters that were important to them. Yeoman 1st Class Desiree Wade, leading petty officer (LPO) for NCBC Gulfport, Administration Office, described the conversation as down to earth.

"He wasn't hiding behind his rank. He was just like 'I'm a man, you're a woman, you're a man and lets just sit here and have a conversation, and maybe I can help you out with any problems you are having,'" said Wade. "It was a great experience."

Following lunch, Stevens held two all-hands calls,

the first with the E-6 and below. During the E-6 and below all-hands call Stevens took questions concerning advancement, the state of the Seabees, specific rating issues, the supposed secrets to making chief, advancement and the enlisted-officer working dynamic. He also spoke concerning his Zeroing in on Excellence initiative.

Stevens' Zeroing in on Excellence initiative, first presented in November 2012, consists of three focus areas: developing leaders, good order and discipline, and controlling what we own. He told the Sailors in attendance that it is understandable that each person has their own duties and responsibilities, but if they work together in these three areas, dramatic, positive results would come about.

"Zeroing in on Excellence is a universal theme we can all apply in our respective positions," said Stevens. "It does not distract from or add to existing individual roles and responsibilities – it provides a sturdy framework around which we can build sound, durable readiness," said Stevens. "I believe developing leaders, fostering good order and discipline, and controlling what we own help us get precisely that type of environment, now and down the road,"



**Master Chief Petty Officer of the Navy (MCPON) Mike Stevens addresses Sailors and Seabees during an E-6 and below All Hands Call at the base Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport, Dec. 10. This was MCPON Stevens' first visit to the Seabee Base, and part of his current Gulf Coast swing, which started in Mississippi and will end in Florida. During his time on board, Stevens met with command leadership, had lunch with Seabees and Sailors, and held two all hands calls, one for E-6 and below and one for the Chiefs.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

said Stevens. "These are not single actions; they are deliberate mindsets that permeate our processes and procedures."

Immediately following the E-6 and below all-hands call, Stevens held an all-hands call with the Chiefs. He took questions and thanked the Seabee community for their work with last year's CPO 365 Phase II before he spoke about the changes that he has implemented to the program for fiscal year 2015 (FY-15).

"I want to thank the

entire force for the great work that you did with CPO 365 in some very remote and austere locations, as well as here stateside," said Stevens. "It was your creativity, your professionalism, your ability to work in very diverse locations that made it work, and you did that well."

Stevens mentioned only a few changes to CPO 365 Phase II for the coming year, such as allowing other services to participate as long as they participate for a full year and bringing

back CPO pride t-shirts.

"Very little has changed," said Stevens. "I believe that change is one thing that is necessary for any organization to get better, because if you don't make change, the best you can hope for is the status quo, and at worst, you will digress."

For more information about the MCPON, visit his website at: <http://www.navy.mil/mcpon/>, follow him on Facebook at: <https://www.facebook.com/13MCPON>, or Twitter: @MCPON13.



**Example packets of synthetic marijuana, better known by the street name: Spice. The Department of the Navy (DoN) recently changed its illegal drug detection program to directly test for spice and other synthetic drugs through its random urinalysis program testing.**

## Navy begins directly testing for Spice, synthetic drugs

By CECN(SCW)  
**Lucinda Moise**  
 NCBC Public Affairs

The Department of the Navy (DoN) recently changed its illegal drug detection program to directly test for spice and other synthetic drugs through its random urinalysis program testing. Many of the ingredients in the drugs are being classified as schedule 1 narcotics,

military members identified as users can be subject to the Navy's "Zero Tolerance" policy and subject to non-judicial punishment and/or discharge.

Although it was banned by the Department of Defense (DoD) for all military personnel in 2010, spice use in the Navy has increased during the past couple years.

Many spice users believe spice is harmless and

undetectable by urinalysis tests. However, that is a total misconception. Effects of spice can include panic attacks, hallucinations, delusions, vomiting, increased agitation and dilated pupils. There have also been reports of people experiencing heart attacks, strokes, psychosis, kidney failure, exaggerated thoughts of

See **Spice** page 8

# Holiday Spirit around NCBC

Photos by EOCN Kia Nicholas, NCBC Public Affairs



Public Works Department, Command Suite



Information Technology Office



Naval Construction Group (NCG) 2,  
Training Department



Facilities Engineering & Acquisition Division



Environmental Department



Facilities Management Division

# NMCB 74 increases readiness

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 participated in a crane audit by Naval Crane Center on board NCBC Gulfport, Dec 12. As part of the battalion's

homeport training cycle, the successful crane audit increases the battalion's readiness to deploy. (U.S. Navy photos by Mass Communication Specialist Ryan Williams/Released)



# NMCB 11 building in Djibouti

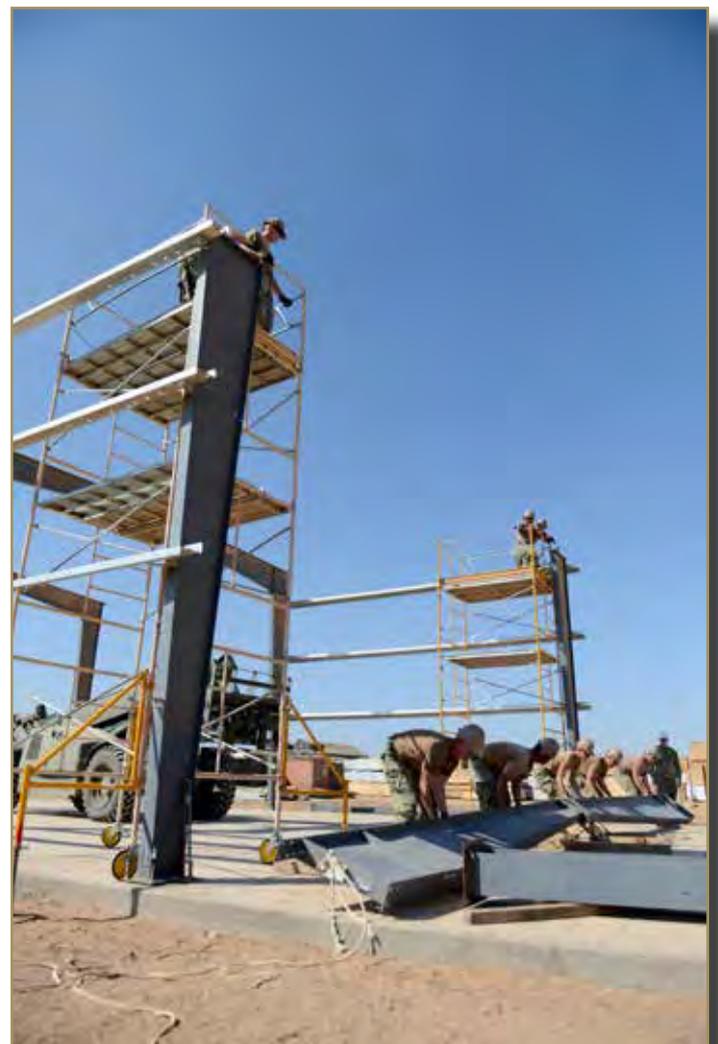
(U.S. Navy photos by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)



Top, Builder 3rd Class Carlos J. Padilla, left, and Builder Constructionman Trevor W. Johnson, assigned to Naval Mobile Construction Battalion (NMCB) 11, tighten a bolt while a crew installs an apex on a pre-engineered building being constructed for material storage.

Right, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 prepare to install an apex on a pre-engineered building being constructed for material storage.

NMCB 11 is a Seabee battalion currently deployed to multiple locations in support of U.S. Africa Command, U.S. European Command, U.S. Central Command and U.S. Pacific Command areas of responsibility.



# Commissaries to collect, recycle plastic bags

By Jessica Rouse  
DeCA Public Affairs

FORT LEE, Va. – State-side commissary customers will soon have an easy way to recycle plastic bags: Just bring them on their next trip to the commissary and use the new recycle bins.

All stateside commissaries now have plastic bag recycling bins that customers can use to recycle any plastic bag, not just commissary bags. Overseas commissaries are not participating in the program because the agency does not issue recycling contracts overseas.

"We are an environmentally conscious agency, and this is another step in the

right direction as we seek new and innovative ways to become 'greener,'" said Joseph H. Jeu, DeCA director and CEO.

So what happens to those bags? They will be combined with other plastic waste from the commissaries and shipped to recycling centers for processing.

"Last year we recycled almost 3 million pounds of plastic in commissaries," said Randy Eller, chief of DeCA's environmental and planning division. "With this service to our customers, we will recycle even more plastic, keeping it out of landfills."

Commissaries already recycle a lot of waste generated by store opera-

tions. In fiscal year 2013, the agency recycled more than 139 million pounds of cardboard, plastic and paper. It has also diverted almost 13 million pounds of food waste, metal and wood from the waste stream, along with the recycling of 1 million pounds of organic waste. Two commissaries are testing dehydrators that reduce the weight of the organic waste by 85 percent and produce compost. The agency's goal is to recycle 80 percent of all recyclable material generated in stores worldwide by the end of fiscal year 2014.

"More and more of our customers are adopting green lifestyles, and they want the retailers they



use to do likewise," said Jeu. "That's what DeCA is working toward; whether it's through recycling or offering our customers earth friendly products, we are doing our part to protect our environment."

NCBC Gulport's commissary has two containers for recycling plastic bags in the exit vestibule at the front of the store.

## Race Engines, Dirt Bikes, ATV's, Cigarette Boats, Zodiacs

Are you up to the challenge of hard work and repairing unique SOF equipment?

**Naval Special Warfare Development Group** is seeking active duty Construction Mechanics and all other Seabee rates who are:

Motivated/Volunteer  
Pass Navy PFA  
E4 - E6  
No NJP  
No Bankruptcy  
Able to obtain SECRET/TOP SECRET clearance



Email us at !DEVGRURerecruiting@vbsocom.mil or contact your detailer to request additional information.

# Your commissary ringing in 2014 with super savings!!

By Sallie Cauthers  
DeCA Public Affairs

FORT LEE, Va. – If your New Year's resolution includes eating healthier and saving more, then the commissary is for you.

"With its wide selection of products and values, your commissary is here to help you eat healthier and also save even more on all your favorite grocery items," said Tracie Russ, DeCA's deputy director of sales.

Throughout January, DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings. Also, the Exclusive Savings link on the www.commissaries.com home page has more coupons and healthy recipes for the New Year. Overseas stores may have substituted events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions:

- Family Rewards Program from Kellogg's Special K products. From Jan. 3-16, Kellogg's Special K will feature weight management solutions while offering extra savings on Special K products. The Commissary Rewards Card will offer savings on produce and Special K cereal as well. Look for a flyer in early January announcing the Special K Challenge.

- The Commissary Rewards Card is offering more giveaways and high-value coupons that help shoppers save more on products they want. Cardholders go online to select among more than 100 new coupons available this month, plus more coupons are added every two weeks. For more information, go to www.commissaries.com/rewards.

- The Special Olympics. Procter & Gamble is offering their 34th Annual "Special Olympics" promotion Jan. 3-16. They will distribute \$74 coupon packets in commissaries worldwide. They will also donate \$75 million

to local Special Olympics chapters.

- Fisher House Foundation and Jared Allen's Homes for Wounded Warriors will get support from General Mills brand items Jan. 3-16. General Mills will donate a portion of sales (\$20,000 to each organization) to support the work these two organizations do for military families. Look for in-store promotional material for more than \$800,000 in coupons and product savings.

- General Mills presents its annual "Souper" Soup Sale offering discounts and high-value coupons on Progresso soups Jan. 3-16. There will be more than \$250,000 in coupons found in stores.

- "Win with Dinner Event." ConAgra Foods is starting 2014 with savings from Jan. 3 to Feb. 6. A "Win with Dinner Recipe" booklet will feature more than \$7 in coupon savings. Additional savings can be found on the Commissary Rewards Card and on ConAgra Foods military website, www.conagracommissarydeals.com.

This event will also raise awareness and money for the Fisher House™ Scholarship for Military Children Program.

- Serving Our Country's Finest January Event. This is the ninth year the J.M. Smucker Company is holding this event. Smucker's will distribute 400,000 free 2014 military calendars to commissary shoppers Jan. 3-16. Calendars will contain high-value coupons on various Smucker's brands as well as recipes featuring Smucker's products.

Discounts on popular products such as Smucker's Fruit Spreads, Folgers Coffee, Dunkin Donuts Coffee, Millstone Coffee and Jif Peanut Butter are part of the promotion.

"The Defense Commissary Agency wishes a happy and healthy New Year to all of our customers," Russ said. "Your commissary is always there for the military and their families year-round, providing the very best savings possible. Your commissary is always worth the trip.

## LADD - Leaders Against Drunk Driving

LADD is a program sponsored by the CBC/NCG2 First Class Association. The mission of LADD is to prevent drunk driving on board NCBC Gulfport by providing rides for any service member who needs assistance getting home after an outing that involves alcohol.

**LADD is strictly confidential - no reprisal!**

LADD will take individual home only - no stops. Volunteers who stand the watch are on call 24/7.

It is always important to have a plan in place when going out in town, but if your plans fall through, please call and we will pick you up.

**Call 228-239-9007**



# Keeping waterways clean through Best Management Practices

By Rana Evans

Courtesy of PWD Gulfport

When using heavy equipment that results in displacement of soil, operators could be liable for Clean Water Act, storm water regulations. All earthwork near a waterway or impacted by storm water is subject to regulations to minimize storm water pollution.

Along with the dirt that is regulated, piles of gravel, sand, construction materials, trash, paint, and oils all fall under the category of "potential pollutant" for storm water. The regulations require NCBC Gulfport to avoid polluting storm water that flows off the installation.

Sedimentation is one of the most significant water pollutants. Sediment is soil

particles (dirt, gravel, sand) that have entered creeks, rivers, lakes and shorelines. Sedimentation comes from soil erosion and mismanagement of soil adjacent to or near waterways. Every soil is disturbed, or vegetation is stripped from the landscape, there is an opportunity for the soil to erode into a nearby water feature. Storm water creates the highway that moves sedimentation from an unstable site into regulated waterways.

All construction areas in the United States are required to maintain erosion and sediment control actions to protect and manage the quantity and quality of storm water that leaves a work site.

At a work site, the actions to protect storm water

from erosion and sediment pollution are called, best management practices, generally referred to as BMPs. Silt fences, thick rolls of filter material on drains, covers on sand and gravel mounds, temporary grass seeding, netting on slopes, are all types of BMPs that help maintain regulations for clean storm water. These features help restrict and limit the flow of pollutants, particularly sediment into the storm water system.

Although erosion and sediment management is a significant issue related to construction sites, it also applies to established areas.

Examples of established areas that are at a high risk for potentially polluting storm water at NCBC Gulfport include all the outdoor



**Equipment Operator Constructionman Kevin Mitchell, right, from St. Louis, assigned to Naval Mobile Construction Battalion (NMCB) 133, operates a bulldozer during the construction of a bioswale in the City Park of New Orleans during a community service project, April 16, 2012. Equipment operators must comply with storm water regulations of the Clean Water Act by using Best Management Practices (BMPs) to protect storm water from erosion and sediment pollution. (U.S. Navy photo by Mass Communications Specialist 2nd Class/Joshua T. Rodriguez/Released)**

training areas. Maneuvering of the heavy equipment disturbs the earth and can create pathway for sediment to flow with storm water to the adjacent rivers and shoreline.

Whether at home, work or in training at NCBC Gulfport, people should be aware of the potential to

pollute or cause polluted storm water in Mississippi state waters.

If you see pollutants going into the storm water system or if you need help developing BMPs for your work area, contact the Public Works Department, Environmental Division at: (228) 871-3118.

## DID YOU KNOW?

The younger you start drinking alcohol, the more likely you are to be a "risky" drinker.

From **Spice** page 4

suicide and so much more. Spice can be detected by urinalysis tests; in fact the Navy randomly tests urine samples daily. There have been an estimated 1,100 spice related cases in the military to date.

The capacity for testing designer drugs continues to expand. During fiscal year 2013 the Navy invested 2.9 million dollars to test for synthetic chemical compounds. NCBC Command Drug and

Alcohol Program Advisor (DAPA) Jeffery Watson, believes spice testing will deter some Sailors from choosing the drug and find those who do.

"I think this is a great idea, due to some Sailors thinking they can defeat the system by not getting tested," said Watson. "There has been an increase in Spice cases within the Navy so I think this will act as a positive deterrent as well as a tool to catch Sailors doing Spice."

Sailors are continuously being educated, on the dangers of drug use, including drugs like spice.

On Dec. 12, 2013 the Navy Alcohol and Drug Abuse Prevention (NADAP) office released two Public Service Announcement videos discussing the career risks synthetic drugs has on a Sailor's career. The public service announcement videos are aired on the Direct to Sailor Television aboard ships and are available to be downloaded at: [www.nadap.navy.mil](http://www.nadap.navy.mil).

According to NCBC Command Master-at-Arms Chief Stanely Weaver, because of testing those who use spice will no longer get away with it

"It's long overdue. We have plenty of military members possessing and using spice even though the Navy tolerance is zero," said Weaver. "We haven't had a 100 percent conviction rate on those doing spice, but now that we're testing for it you will get caught."

## Security Note on an Increase of Random Antiterrorism Measures

- Commander, Navy Region Southeast (CNRSE) has directed an increase of Random Antiterrorism Measures (RAMs), vehicle searches and specific action items to thwart unauthorized weapons on board our installations and activities. NCBC Security Department will be conducting additional Administrative Vehicle Inspections at all installation gates. Tenant commands will also be conducting random inspections of hand-carried items such as bags, suitcases and containers carried by personnel entering facilities and common areas. Point of contact for further information is Ron Perry, 228-871-2104, MACS Curry, 228-871-2163 or Roy Wertz, 228-871-2105.

# Focus on Education

## U.S. Naval Academy 2014 Summer STEM Program is looking for students

By Lt. Teng K. Ooi, PhD  
U.S. Naval Academy

Each year in June, the United States Naval Academy launches a Summer Science, Technology, Engineering, and Mathematics (STEM) Program to expose young people to STEM concepts and technologies. The United States Naval Academy's 2014 Summer STEM Program is designed to encourage 8th-11th grad-

ers to pursue a course of study in STEM-related subjects throughout high school, college, and beyond.

The aim is to integrate STEM-focused concepts across the curriculum and pave the way for students to succeed academically in mathematics and science and help put them on a path toward successful STEM careers. An effective and practical way to stimulate student interest

in STEM is to show how mathematics and science are applied to create exciting technologies.

The 2014 STEM program will showcase the latest in technological advances in a wide variety of science and engineering topics to include energy and light, infrastructure, transportation, cybersecurity, environmental challenges, flight and fluids, automation, simulation and modeling, biometrics and

robotics.

Students are able to participate in project-based modules using a hands-on, real-world approach to solving design and analysis problems in the Naval Academy's world-class laboratory facilities. This unique learning environment promotes engineering "habits of mind" such as systems thinking, optimization, innovation, creativity, and team work. It exposes students to a

problem-based environment, outside the traditional classroom.

Our 2014 Summer STEM Program will be a great start to your career in science and engineering.

Applications open Jan. 6, 2014 at [www.usna.edu/admissions/stem](http://www.usna.edu/admissions/stem).

2014 Session Dates: June 2-7, for Rising 8th & 9th Graders; June 9-14, for Rising 10th Graders; June 16-20, for Rising 11th Graders.

Babysitting 101 - Babysitting class for ages 11 and up will be given Dec. 23, 9 a.m. - 12:30 p.m. at the Fleet and Family Support Center (FFSC). Please call 228-871-3000 to reserve a seat before this very popular course fills up!

## Tuition Assistance Temporarily expanded

By Susan D. Henson

Center for Personal and Professional Development Public Affairs

VIRGINIA BEACH, Va. -- The Center for Personal and Professional Development (CPPD) is temporarily expanding the availability of tuition assistance (TA) for Sailors beginning Dec. 17.

CPPD's Virtual Education Center (VEC) will start authorizing command-approved TA requests for classes that have a start date in the second quarter of FY-14, which ends March 31, according to Capt. John Newcomer, CPPD's commanding officer.

"We strongly believe that Sailors who take the initiative to develop personally and professionally through Navy voluntary education programs are better equipped with strong analytical skills and the ability to make informed decisions that benefit their command and the Navy," he said.

TA requests for the FY-14 second quarter will be approved in the order they are received on a "first come, first served" basis for as long as TA funds are available, said Newcomer. TA requests will be authorized up to a total expenditure cap of approximately \$23 million for the second quarter.

The second quarter of each fiscal year historically has the highest demand for TA funding, said Newcomer.

Newcomer emphasized that Sailors are responsible to know the status of the TA request before they begin any class. "Sailors must ensure their TA requests are command approved, in the WebTA system, and authorized by the VEC before their class start date. If any of these three criteria aren't met, Sailors should contact the VEC or servicing Navy College Office regarding the status of their TA request before their class begins."

The VEC is open from 6 a.m. to 9 p.m. (ET) Monday

through Friday. Sailors can reach the VEC by phone at 1-877-838-1659 or 757-492-4684, or DSN at 492-4684. The VEC email address is [VEC@navy.mil](mailto:VEC@navy.mil).

TA is the Navy's educational financial assistance program available to both Navy officer and enlisted active duty personnel and Navy reservists on continuous active duty. It funds tuition costs for courses taken in an off-duty status at a college, university or vocational/technical institution, whose regional or national accreditation is recognized by the Department of Education and has a signed Department of Defense Memorandum of Understanding.

CPPD is responsible for providing a wide range of personal and professional development courses and materials, including General Military Training, Navy instructor training, alcohol and drug awareness program training, suicide and sexual assault prevention, bystander intervention, and personal responsibility classes. CPPD's required leadership training is delivered multiple times throughout a Sailor's career via command-delivered enlisted leadership training material and officer leadership courses in a schoolhouse setting. CPPD also administers the Navy's voluntary education program, which provides Sailors with the opportunity to earn college degrees. CPPD additionally manages the United Services Military Apprenticeship Program (USMAP), which offers Sailors the opportunity to earn civilian apprenticeship certifications.

For more information about the Center for Personal and Professional Development (CPPD), visit: <https://www.netc.navy.mil/centers/cppd/>. For more news from the Center for Personal and Professional Development, visit: [www.navy.mil/local/voledpao/](http://www.navy.mil/local/voledpao/). Find CPPD on Facebook at <https://www.facebook.com/pages/Center-for-Personal-and-Professional-Development/100056459206> and on Twitter @CENPERSPROFDEV.

NCBC School Liaison  
Officer Kevin Byrd  
MWR, Building 352 ,  
1706 Bainbridge Ave  
(228) 871-2117  
[kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

### Today's Tip for Parent

**Help Your Child Succeed in School**  
Educational research makes it clear. All parents can help their children achieve more in school—even parents who have little formal education. To help your child do well in school:

- ~ Let your child know what you expect him or her to achieve. Set high, but realistic, goals.
- ~ Establish a daily routine for family meals, homework and chores.
- ~ Stress that school success comes with hard work. Don't let your child blame teachers or bad luck for poor grades.
- ~ Monitor your child's after-school activities.
- ~ Make time for reading with your child every day.

# The Meat & Potatoes of Life

By Lisa Smith Molinari  
Special Contributor

## Sucking the Merry out of Christmas

I'm being haunted. Not by swaddle-jawed, clanking Jacob Marley or the dark and towering Ghost of Christmas Yet To Come. No, the spirit that appears almost daily in my drafty old base house at Naval Station Newport, Rhode Island is not your conventional, run of the mill apparition. It is a specter of a different sort, but terrifying nonetheless.

During the time of year when sugar plums should be dancing in my head, my thoughts are being tormented by none other than, yep, you guessed it, Marie Osmond.

As far as I know, she is alive and well and living somewhere former Mormon teen idols and QVC doll designers live, like Santa Barbara or Salt Lake City. But despite her current status as a live human being, her image still haunts my visions.

Why, just the other day, I was reaching for two sticks of butter I was about to add to a mixing bowl of sugar for a double batch of Christmas cookies, when suddenly, I hear her, speaking directly to me through the television in our kitchen like some kind of Dickensian holiday poltergeist.

"I'm Marie Osmond, and I lost 50 pounds on Nutra-System."

No sooner did the words leave her television spokesperson's, plumped up, lipsticked mouth, than



I felt it: pure, unadulterated GUILT. How was I supposed to bake cookies in that condition?

Thanks, Marie. Like some kind of yuletide plastic surgeon, you just sucked the Merry right out of Christmas.

I mean, I'm happy for her and all that, but whose idea was it to run diet commercials during the holidays anyway? Isn't there some local ordinance, federal law, or Supreme Court decision dictating that all diet and weight loss advertisements must start after the New Year?

After we've baked our cookies, thickened our gravies, and slurped our nog? After we've eaten too much fudge, wailed on a bowl of mixed nuts, and downed too much Irish Cream? After we've blown off the gym, lazed around in our new PJs watching Seinfeld reruns, and sucked on half a dozen candy canes?

I get it -- it's not a great idea to go on a month-long holiday hog wild binge, or we might find

ourselves 20 pounds heavier when January rolls around. But can't we just enjoy the traditional seasonal delights without feelings of guilt, defeat, and self-loathing?

Apparently, just like Halloween candy displays in August and stores opening for Christmas shopping on Thanksgiving, the post-new year's diet season has now infiltrated Christmas.

I fully intend to fight off the dilution of our holiday traditions by corporations wishing to brainwash us into buying their products earlier and earlier every year. I won't buy Halloween candy until October, I won't Christmas shop on Thanksgiving, and I will bake as many Christmas cookies as I please.

Lord knows, this time next month, I'll be gnawing on celery sticks and coughing up a lung at the base gym, so I'd better enjoy myself while I can.

However, try as I might to stop it, I know consumerism will creep into our houses and our lives, haunting us to change our merry ways.

So, while we are packing our bags this holiday season to go over the river and through the woods to Grandmother's house, we'd better throw in a few extra pairs of undies, because we're going on a guilt trip too.

[www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)

# Health Watch

## Services offered at NBHC Gpt Deployment Health

**Overseas screening:**  
Navy, Marines, Air Force, and Army Students including their dependents

**Physical Exams:**  
Retirement  
Separation (MEB/PEB/ADMIN)  
Commissioning  
Dive  
Flight  
PHA/PDHA/Pre-DHA/MHA

**Suitability/Operational Duty Screening:**  
Fit for full duty  
Sea Duty  
Special warfare  
Recruiter Duty  
High Risk Screenings  
IDC School

Reenlistments  
Other Special Programs

Please call or drop by my office to start your paper work.

No appointment needed!  
Hours of operation are:  
Monday -Thursday, 7 a.m.-3:30 p.m.; Fridays, 7-11:30 a.m.

Gulfport Deployment Health Clinic  
5501 Marvin Shields Blvd.  
Gulfport MS 39501  
228-822-5715

Kathryn.Levin.ctr@med.navy.mil

We are located across from the audiology clinic (in the old Battalion medical spaces).

**Security Note on Vehicle Registration:** All personnel who operate vehicles on board NCBC, Gulfport are reminded to register their vehicles with Pass and ID. Pass and ID is located at the Pass Road Gate and their hours of operation are Monday - Friday, 6 a.m. - 3:30 p.m.

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](mailto:seabeecourier@navy.mil) and check out the new and improved website at: [http://www.cnrc.navy.mil/regions/cnrse/installations/nbcg\\_gulfport.html](http://www.cnrc.navy.mil/regions/cnrse/installations/nbcg_gulfport.html)

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.SafeHelpline.org](http://www.SafeHelpline.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.

## COLMER DINING FACILITY CHRISTMAS DAY MEAL\*

Wednesday, Dec. 25

### Brunch

7-10 a.m.

\$5.25 for military members  
(\$4.55 for dependents of E4 and below)

### Menu

Crispy Bacon  
Sausage Gravy  
Egg to Order  
Assorted Omelets  
Hash Browns  
Pancakes  
Biscuits  
Fruit Bar  
Beef Vegetable Soup  
Baked Corn Dogs  
Onion Rings  
Salad Bar

### Dinner

1-3:30 p.m.

\$7.60 for military members  
(\$6.45 for dependents of E4 and below)

### Menu

Chicken Wild Rice Soup  
Roast Turkey  
Rib-eye Roll  
Glazed Pit Ham  
Corn Bread dressing  
Giblet Gravy  
Au Jus  
Mashed Potatoes  
Scalloped Sweet Potatoes  
Green Bean Casserole  
Peas & Carrots  
Salad Bar  
House Rolls  
Egg Nog  
Dessert Bar

\*OPEN TO ACTIVE DUTY, RETIREES, DOD AND DEPENDENTS

## MWR program contact numbers

Anchors and Eagles, 228-871-4607  
Auto Skills Center, 228-871-2804  
Beehive All Hands Club, 228-871-4009  
Child Development Center, 228-871-2323  
Fitness Center, 228-871-2668  
Information, Tickets & Travel, 228-871-2231  
Liberty Center, 228-871-4684  
Seabee Heritage Center, 228-871-3619  
Navy Outdoor Recreation, 228-871-2127  
Shields RV Park, 228-871-5435  
The Grill, 228-871-2494  
Training Hall, 228-871-4750  
Youth Activities Center, 228-871-2251  
Main Office, 228-871-2538

**MWR Holiday Hours** - For a complete listing of MWR holiday closures visit:  
<https://www.facebook.com/#!/photo.php?fbid=10151751606627735&set=a.416157107734.200620.285154917734&type=1&theater>

## Free Movies at the Training Hall!

Check out what's playing this weekend

~ Friday 12/20: Prisoners, R, 5 p.m.; ~ Saturday 12/21: White Christmas, G, 1 p.m.; The Nightmare Before Christmas, PG, 4 p.m.; Riddick, R, 6 p.m.; ~ Sunday 12/22: The Santa Clause 2, PG, 3 p.m.; Riddick, R, 6 p.m.; Monday 12/23: Turbo, PG, 5 p.m.; Kick Ass 2, R, 7 p.m.; Thursday 12/26: Planes, PG, 5 p.m.; Friday 12/27: Mortal Instruments: City of Bones, PG13, 5 p.m.; Insidious Chapter 2, R, 8 p.m.; Saturday 12/28: Planes, PG, 1 p.m.; The Family, R, 3:15 p.m.; Kick Ass 2, R, 6 p.m.; Sunday 12/29: Mortal Instruments: City of Bones, PG13, 3 p.m.; Riddick, R, 6 p.m.; Monday 12/30: The Smurfs 2, PG, 5 p.m.; The Family, R, 7:30 p.m.

WE BUILD ★ WE FIGHT  
**SEABEE** Online  
United States Navy  
OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

After 36 years of dedicated service, Charlotte Williams will be retiring at the Base Training Hall at 1 p.m., Jan 10. Attendees are requested to R.S.V.P. Denise Galloway at: [denise.galloway@navy.mil](mailto:denise.galloway@navy.mil) or (228) 871-2736 no later than Jan. 3.

**WIN AN OFFICIAL UFC GYM BAG**

**EVENT START @ 7PM**

Questions? Call 228-871-4009 Mon-Fri 4:30pm, Sat 5pm

**THE BEEHIVE**  
All Hands Club

**ULTIMATE FIGHTING CHAMPIONSHIP**

WORLD MIDDLEWEIGHT CHAMPIONSHIP  
**WEIDMAN vs SILVA 2**

LEAVE NO DOUBT  
**UFC** 158

WOMEN'S WORLD BANTAMWEIGHT CHAMPIONSHIP  
**ROUSEY vs TATE**

**SATURDAY DECEMBER 28**  
LIVE ON PAY-PER-VIEW


  
**Chapel Holiday Services**  
**Christmas Eve**  
**Dec. 24, 2013**  
**Catholic Service - 4 p.m.**  
**Protestant Service - 5:30 p.m.**



trying to get volunteers in uniform from 7 a.m. to 2 p.m. on a daily basis to help with a new program. The volunteers will provide assistance to Veterans entering the medical center with directions and general information and whenever possible, escort the Veterans and family members to their destination. Point of contact for more information is Sharon Ladner at 228-523-5786 or Susan Smith 228-871-3640.

**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](http://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](mailto: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](http://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.

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](mailto:Region63@juno.com) or 850-890-6792.

**USS ALABAMA NEEDS 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.

**BILOXI VA AMBASSADORS** - The Biloxi VA is

## NCBC HELPING HANDS

**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 purchases as soon as volunteers can determine materials needed. If you can help, please contact Susan Smith at 228-871-3640.

**ARMED FORCES RETIREMENT HOME** - Volunteers are needed to help take down Christmas decorations, as well as decorating for other events on Jan. 3. If interested, contact Adelina Hay-Sowell at: [adelina.hay-sowell@afrh.gov](mailto:adelina.hay-sowell@afrh.gov).

**CITY OF GULFPORT** - The City of Gulfport is looking for volunteers for Santa in the Harbor/ Christmas Spirit in the Sound at Jones park, Dec. 21, from 4 - 9 p.m. Please contact Katie King at 228-868-5881 if you are interested in helping out.

**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-

# Seabee Memorial Chapel



**NCBC Center Chaplains:**  
**Lt. Cmdr. Ammie Davis, Chaplain**  
**Lt. Yoon Choi, Chaplain**

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

## Chapel Offerings

### Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Contemporary Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m., on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

### Seabee Pantry

The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items

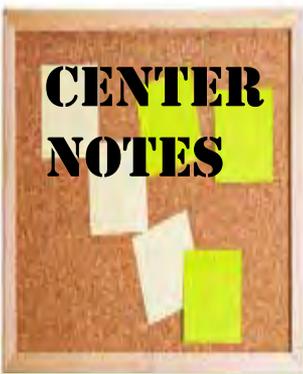
as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

### Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to share your gift.

Contact the chapel at 228-871-2454 for more information.

**You won't need a hearse if you put safety first!**



**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@focus-project.org](mailto:Gulfport@focus-project.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](mailto: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](http://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. Contact Lt.j.g. Bowling at 228-313-9035 or [coachcb@yahoo.com](mailto:coachcb@yahoo.com) for more information.

**PMI Membership Drive** The Project Management Institute ([www.pmi.org](http://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](mailto:saundersmt@earthlink.net) or Len Krapcha at [lkrapcha@aol.com](mailto:lkrapcha@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 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, 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](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto: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](http://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.seabee-museumstore.org](http://www.seabee-museumstore.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.

**Holiday hours NCBC Post Office** - Dec. 23, 24: Outgoing mail stops at 10 a.m., office closes at noon. Dec. 25: Closed. Dec. 26, 27: Outgoing mail stops at 10 a.m., office closes at noon. Dec. 30, 31: Outgoing mail stops at 10 a.m., office closes at noon.

Moving? Mailing packages? Need a box? Visit the **Recycling Center**, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!

