

SEABEE COURIER

www.cnbc.navy.mil/gulfport

Vol. 53 No. 47

Naval Construction Battalion Center, Gulfport, Mississippi

December 5, 2013

NCBC's Annual Tree Lighting & Holiday Gift Village . . . The annual holiday event is scheduled for Dec. 6, 6 - 8 p.m. at the Youth Activities Center (YAC). Featuring children's games, warm cookies, prizes and Santa Claus!



Warrior Challenge



Under the watchful eyes of mentors, Delayed Entry Program (DEP) candidates for the Warrior Challenge Program warm up by the pool before going for a swim at the Fitness Center on board NCBC Gulfport, Dec. 2. The program is for future Sailors seeking to join the Navy SEAL, Navy's Special Warfare Combatant-Craft Crewmen, Seabee Underwater Construction Diver, Explosive Ordnance Disposal, or Air Rescue Swimmer Programs. The Warrior Challenge Program involves strenuous conditioning and requires a successful pass of the Navy Challenge Physical Standards Test. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Naval Construction Battalion Center (NCBC) Sailors, E-5 and below, attend a Coalition of Sailors Against Destructive Decisions (CSADD) meeting in the building 1 main conference room, Dec. 4. NCBC is currently in the process of establishing a CSADD sub-chapter targeted to junior Sailors, E-5 and below, ages 18 -25. CSADD meetings are every other Wednesday in the main conference room of building 1 at 1:30 p.m. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

NCBC Sailors unite through CSADD

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

Sailors assigned to Naval Construction Battalion Center (NCBC) Gulfport recently initiated the creation of a Coalition of Sailors Against Destructive Decisions (CSADD) Peer Mentoring Program sub-chapter under Commander, Navy Region Southeast (CNRSE).

According to the CSADD instruction, CSADD is designed to positively influence Sailors' behavior through resources and tools that promote good decision-making processes, enabling leadership development and influence among

peers at the junior level which, in turn, fosters both an attitude and atmosphere conducive to good order and discipline. The program targets Sailors E-5 and below, 18-25 years old.

NCBC Gulfport's sub-chapter will join with 42 other chapters under CNRSE and the more than 800 active participants in the southeast region. CNRSE Rear Adm. Rick Williamson praised the program and encouraged all junior Sailors to get involved.

"CSADD is a great program that gives junior Sailors a chance to have a positive influence on their fellow shipmates," said Williamson.

See **CSADD** page 4

Smart practices for safe online holiday shopping

NCBC
Commanding Officer
 Capt. Paul Odenthal
Public Affairs Officer
 Rob Mims
Courier Staff
 Editor
 Bonnie L. McGerr
 Mass Comm. Specialist
 MCC(SCW/SW/AW)
 Ryan G. Wilber
 Special Contributors
 CECN(SCW)
 Lucinda Moise
 UTCN Alicia Fluty

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government. DoD, the Navy, and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper 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. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but he Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone 228-871-3662, email: seabeeecourier@navy.mil.

By **CECN Lucinda L. Moise**
 NCBC Public Affairs

American Express projects more people shopped online on Cyber Monday than in stores on Black Friday. Nearly 62 million dollars are expected to be spent by shoppers during this holiday season, which is 15 percent more than last year. Using a computer or mobile device to shop online may be very convenience, but it comes with security risks.

Ray Acker, Naval Construction Battalion Center (NCBC) Gulfport information assurance manager, urges everyone to keep in mind the certain tips to help keep personal identifying information (PII) secure while purchasing items online.

- ~ Secure your computer and mobile devices. Make sure computer and mobile devices operating systems and software are current. Install anti-virus and anti-spyware. Protect personal information with strong passwords and set a timeout that re login in after a certain period of inactivity.

- ~ Use mobile applications with caution. Use only secure, trusted applications and disable Bluetooth and Near Field Communications when not in use to reduce the risk of personal information being

intercepted by other devices.

- ~ Know your online merchants. Only purchase items from trusted online merchants. Check with the Better Business Bureau or the Federal Trade Commission if unsure about a merchant. Confirm the online seller's contact information in case you have questions or problems.

- ~ Consider using an online payment system or credit card. Store credit card information on a secure server. If paying online directly use a



credit card instead of a debit card, because credit cards are protected by the Fair Credit Billing Act and may reduce your liability if your information is used improperly.

- ~ Look for "https" before you click "Purchase." Before confirming purchases online ensure the web page address begins with "https." The "s" stands for secure, and indicates that communication with the web page is encrypted. A padlock or key icon in the browser's status bar is another indicator.

- ~ Do not respond to pop-ups. Never respond to

surveys promising cash, bargains or free gifts for a survey response close it by pressing Control + F4 on Windows devices, or Command + W for Macs.

- ~ Do not use public computers or public wireless access for your online shopping. Public computers and Wi-Fi hotspots are potentially insecure. Criminals may be intercepting traffic on public wireless networks to steal credit card numbers and other sensitive information.

- ~ Secure your home Wi-Fi. Make sure you control who has administrative access, and that any users on your network authenticate with a strong password. Encryption settings should be enabled and strong - using WPA2 is recommended.

- ~ Be alert for potential charity donation scams. Cyber criminals take advantage of people's generosity during the holiday season and may use fake charity requests as a means to gain access to your information or device.

Acker believes the most important online shopping safety tip is to always use a trusted computer that is free of viruses and malware to help decrease the risk of becoming an identify theft victim.

Think before clicking!

In Memoriam



Robert L. Avery Jr.

A memorial service for Robert L. "LJ" Avery Jr., 35, will be held at the Seabee Memorial Chapel at 9 a.m., Dec. 5.

Avery, a former Marine, died Nov. 28 following a head-on collision with another vehicle on Highway 67 in Gulfport around 10 p.m., Nov. 27.

Avery, a Monroe, Ga. native, had been part of the NCBC Security Department where he performed guard duty, primarily on night shift, since Sept. 26, 2011.

We extend our sincere condolences to all of Avery's friends, family and colleagues. Everyone is invited to attend the memorial service. Attire is uniform of the day.

Formal services will take place in Georgia. Viewing will be noon to 8 p.m., Dec. 6 at Levitt Funeral Home, 914 Scenic Highway, Lawrenceville, Ga. A Funeral Service will be at noon, Dec. 7 at Lighthouse World Outreach Center, 609 Gene Bell Road, Monroe, Ga. Burial will follow at Carter Hill Baptist Church, 1510 Thompson Mill Road, Loganville, Ga.

Live 1-on-1 Help Confidential Worldwide 24/7



Safe Helpline

Sexual Assault Support for the DoD Community

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; 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.

DON Sexual Assault Survey

The 2013 DON-Wide Sexual Assault Survey is available for all service members survey through Jan. 6, 2014. The survey is short and completely anonymous, and it can be accessed from any web-enabled computer, tablet or Smartphone at www.donsapro.navy.mil/donsas.html. The password for all military participants is 2013Survey.

Buzz on the Street

By CECN(SCW) Lucinda Moise, NCBC Public Affairs

“What did you do for Thanksgiving?”



“Slept, and spent time with my kids.”

BUCN(SCW) Asia Gilchrist
NCBC
Hometown: McCormick, S.C.



“Went to Georgia to see my family.”

CM3(SCW) Kenneth Trice
NMCB 1
Hometown: Montgomery, Ga.



“Had some of the junior troops over for dinner.”

CM2(SCW) Chauncey Pennel
NMCB 1
Hometown: Sacramento, Calif.



Capt. Paul Odenthal, commanding officer, NCBC Gulfport, addresses military members and civilians attached to NCBC and Naval Construction Group (NCG) 2, at the start of an All Hands Holiday Safety Stand Down at the Training Hall, Nov. 21. Numerous topics were covered during the training, including holiday driving, motorcycle and child safety, and holiday lighting safety, designed to inform and familiarize people with common safety concerns during the winter holiday season. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



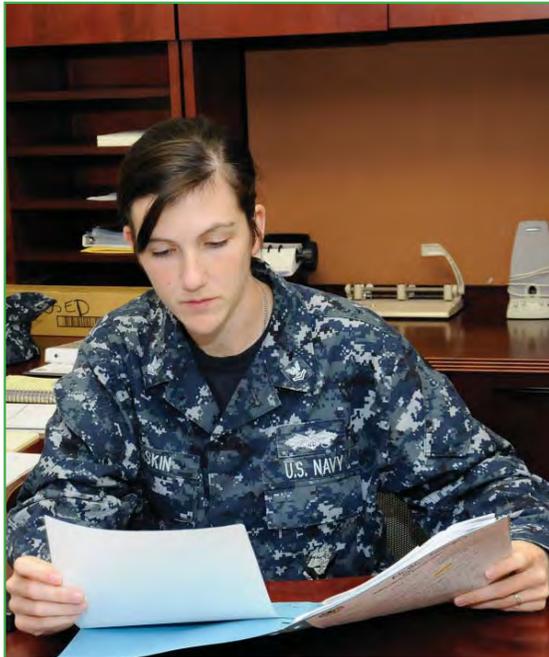
Utilitiesman Constructionman Jeffrey Baer, assigned to Naval Mobile Construction Battalion (NMCB) 74, moves materials for a project site using a forklift outside the NMCB 74 Material Liaison Office (MLO) on board NCBC Gulfport, Nov. 25. NMCB 74 is currently working on several base projects during their homeport training cycle. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Builder “A” School students, assigned to Naval Construction Training Command (NCTC), work together to smooth, compact and level the surface of a newly poured concrete pad using a screed board, shovel and rake at a training area on board NCBC Gulfport, Nov. 27. During their training, the students practice on a 10 foot by 10 foot pad to obtain familiarization on how to properly pour concrete. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Builder 2nd Class (SCW) Deborah Gaskin
NCTC Student, Builder "C" School

By UTCN Alicia Fluty
NCBC Public Affairs



FF: What single experience during your career stands out the most, and why?

DG: The people at the airport in Maine, welcoming my battalion back from our Afghanistan deployment. It showed how much people appreciate what we do and what we are fighting for.

FF: What has been your biggest motivation throughout your career?
DG: My family.

FF: What advice would you give to future Seabees and Sailors?
DG: Work towards a college degree, that way whether you decide to make the Navy a career or not, you have something to fall back on.

FF: What is your favorite



part about being/working with the Seabees - why?
DG: Being able to use some of the things I've learned about my rate at home.

FF: Who was your most influential mentor during

your career, and why?
DG: My most influential mentor was Chief Hartley from NMCB 133. He taught me how to be a great leader, Seabee, and mentor to junior troops.

From CSADD page 1

"I think it's important for them [the junior Sailors] to have a program like CSADD that offers opportunities for leadership and a system of support. I encourage Sailors throughout the region to get involved and do their part to better themselves and better their shipmates."

Boatswain's Mate 2nd Class Christopher Stamps, Master-at-Arms Office leading petty officer (LPO) and Yeoman 2nd Class Megan Burke, Administration Department assistant LPO under the guidance of Chief Master-at-Arms Eric Lutz, Security Department operations officer and NCBC Gulfport CSADD sponsor, are leading the establishment of the program at NCBC. Stamps said he volunteered, because he would have liked to have had a similar program when they were new to the Navy, while Burke said she liked the idea of junior Sailors taking care of one another.

"I think it's an absolutely great program," said Stamps. "A lot of the junior troops kind of feel intimidated by those who are higher ranking. I know I did. It was easier for me to talk to someone who was closer to my age group, closer to my rank, but I didn't always

get the right information or the right training, and this [CSADD program] gets rid of that." "I love how it is the juniors helping the juniors, us helping each other out and making sure we're all standing next to each other," added Burke.

CSADD is a peer-to-peer mentorship program. According to Chief Aviation Maintenance Administrationman Scott Battle, CNRSE CSADD coordinator, the program not only deters Sailors from making destructive decisions, but it also helps build leadership and organizational skills.

"The program's primary goal is obviously to help prevent Sailors from making decisions that put them in bad situations, but it also serves as a forum for junior Sailors to develop skills that will help them for the rest of their careers," said Battle. "The activities that chapters typically engage in require initiative, teamwork and coordination to make them happen and the Sailors who have the motivation to involve themselves in that process are definitely benefitting."

CSADD chapters typically sponsor a variety of social and volunteer events as an alternative to riskier activities, such as parties or the bar scene.

Events typically include comedy nights, talent shows and game nights, as well

as numerous volunteer opportunities. In addition, each chapter also holds monthly training meetings.

"Sometimes people don't have a lot to do when they're off work," said Stamps. This could give those Sailors something to do, so they're not going back to their home or barracks and just drinking, coming back the next day hung over. Maybe they just need something to do, and they don't have any motivation or friends to do it with. This program will allow you that." "I want to show Sailors that there are better options out there than just going out and having a good time with alcohol, which usually leads to making bad decisions," added Lutz. "There are other ways to have a good time that will not affect their career in a negative way."

NCBC Gulfport's CSADD meeting are scheduled bi-weekly on Wednesdays in the building 1 2nd floor conference room at 1:30 p.m. The next meeting is Dec. 4.

Burke and Stamps encouraged every NCBC E-5 and below Sailor to attend the meetings and join the program.

"Come out," said Burke. "We'd love to hear your opinions, what you have to say. If you want to help your shipmates or make new friends, this will be a great place to do it."



2013 CFC Run for a Reason 5K

Dec. 6, 6:30 a.m. Fitness Center
\$15 registration/contact your command CFC Rep to sign up.

Male/Female 1st, 2nd and 3rd place finishers will get money donated to a charity of their choice! 1st place - \$50 and a trophy, 2nd place - \$30 donation, 3rd place - \$15 donation.

All proceeds will go toward 2013 Greater Mississippi Combined Federal Campaign general fund and will be undesignated.

NCBC celebrates American Indian and Alaska Native Heritage



Military members and civilians came together at the Seabee Memorial Chapel to celebrate American Indian and Alaska Native Heritage Month, Nov. 20. The celebration included a poetry selection, Navajo Code Talkers video presentation depicting the importance

Navajo code talkers had to U.S. success during World War II, and several traditional Native American dances by the Mississippi Band of Choctaw Indians. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

A seasonal reminder from NCBC Security

Stay vigilant and aware of your surroundings while shopping or out enjoying the holidays. Park in well-lit areas and don't carry large amount of cash. Keep personal items secured and close to your body while moving through crowds.

Shower Room Closure

The Shower Room in building 124 will be closed Dec. 10 - 13 for maintenance. Please plan accordingly.



Can Do Christmas!

Christmas Goodies Silent Auction

December 12th from 8:30 a.m. until 3:30 p.m.
@ building 260 (CCCT).

Stop on in place your bid and help raise donations for families in need this Christmas!

To donate baked goods for the auction, make a cash donation or any other questions contact:

CCCT: 228-871-2145
UT1 DeAngelo: 757-513-8001
CE1 Troup: 571-331-0043
UT1 Rygh: 228-547-7240



Supporting our local community for 8 years!

Power Outages in Magnolia Housing

There will be three separate power outages in Magnolia Housing between 8 a.m. and 4 p.m., Dec. 5 to repair a damaged electrical line. The electrical interruptions throughout the course of the day should not last longer than an hour each time. Regrettably, due to the complexity of the work and needed coordination efforts, Public Works cannot pinpoint the exact times of each outage. We apologize for any inconveniences the outages may cause.



NCBC Road Closure, Dec. 6, 5:30 - 8:30 p.m., Due to the Christmas Tree Lighting Ceremony, Bainbridge Avenue and 1st Street will be closed. Please plan accordingly.

Seabees advance despite competitive odds

By MC1 Jonathan Carmichael
NMCB 11 Public Affairs

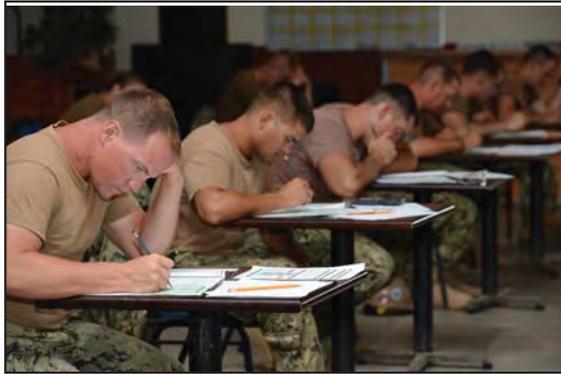
Thirty-eight Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 were selected for advancement based on the release of the fall petty officer advancement results Nov. 27.

Of the battalion's 202 candidates who took the exam in late September, 26 were selected for advancement to 3rd class, 11 to 2nd class, and one to 1st class.

Advancement opportunity for the Navy's active duty enlisted construction rates has been, on average, considerably more competitive than most rates in recent cycles. Each of seven Seabee construction rates saw decreases in opportunity from spring to fall cycles in 2013 for E4, E5, and E6 ranks.

While Navy-wide overall advancement opportunity dropped a slight 1.23 percentage points to 27.71 percent this cycle, the construction rates fell 7.85 percentage points to an overall advancement opportunity average of 17.47 percent.

"It is evident that troops used their time wisely to prepare and ensure they were ready," said Master Chief Constructionman Robert Sauve, the Senior Enlisted Leader for one of NMCB 11's currently deployed detachments in the Horn of Africa (HOA). Sauve stressed the impor-



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 take the E-4, E-5, and E-6 advancement exams at club 11 Degrees North on Camp Lemonnier. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael / Released)

tance of consistent high performance for Seabees who desire to advance, and he made it clear that all of the chiefs and petty officers will, "continue developing, guiding, and preparing" those who did not advance for the next cycle.

Newly selected petty officers are quick to recognize their leadership and shipmates who helped prepare them for advancement, but most are clear that their achievement was due in no small part to self-motivated studying.

Utilitiesman 3rd Class (sel.) James Gilbert, from Charleston, Ark., said, "I just set aside a couple of hours every day to study and do nothing else until I was sure I knew the material."

"Definitely get into the books," said Construction Electrician 3rd Class (Sel.) Patrick Thomas, from Fort Worth, Texas. "There's a lot

of good information there, and you can certainly learn a lot. I think I've learned more in the books than I actually have working in the field."

The list of NMCB 11's selectees also includes six non-construction rates such as Hospital Corpsman 2nd Class (Sel.) Andrew Campbell, from Natchez, Miss., and Gunner's Mate 2nd Class (Sel.) Eric Stabnow, from Eau Claire, Wis., who each attributes much of his success to training and study tips he received from his shipmates.

NMCB 11 is 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.

For more news from NMCB 11, visit www.navy.mil/local/nmcb11/.

NMCB 11 clears the way



ISA AIR BASE, Bahrain - Construction Electrician Constructionman Manyara May assigned to Naval Mobile Construction Battalion (NMCB 11) operates a 924 loader to clear a pathway for the Royal Bahraini Air Force to maneuver around the armory. (U.S. Navy photo by Utilitiesman 3rd Class Charity Hughes/Released)

Save the Date for Seabee Ball 2014

NCBC Gulfport 2014 Seabee Ball will be held March 15, 6 p.m., at the Miss. Coast Coliseum. Guest speaker will be Rear Adm. Frank Morneau, Commander Navy Expeditionary Combat Command (NECC.) Tickets are expected to go on sale Jan. 3. Seabee Ball point of contacts are unit reps or Lt. Nathan Chenarak, 228-871-2895.

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.



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
- ~ E-4 - E-6
- ~ Pass Navy PFA
- ~ No NJP/No Bankruptcy
- ~ Able to obtain SECRET/TOP SECRET clearance



Email us at: IDEVGRUrecruiting@vb-socom.mil or contact your detailer to request additional information



Left: **PO1 Zac Cunningham**, left, protects the survey computer from rain during survey operations. **Chief Petty Officer Lisnjic** and **Senior Chief Petty Officer Listes** (Croatia) operate the computer while **Petty Officer 1st Class Stankovic** (Croatia) drives the boat. (U.S. Navy photo by Lt. Thomas Hallam/Released) Above: **PO1 Tory Madsen**, center, instructs the theory of side-scan sonar to Croatian, Montenegrin, and Slovenian navy personnel. (U.S. Navy photo by PO1 Zac Cunningham/Released)

UCT 1 participates in Humanitarian Mine Assistance mission in Croatia

By **EA1 Zac Cunningham**
UCT 1

The United States government believes that there are an estimated 40-50 million land mines and other explosive remnants of war around the world.

In an effort to combat this problem, the Humanitarian Mine Assistance Program was established to provide nations around the world the capability to detect unexploded ord-

nance.

Members of Underwater Construction Team (UCT) 1 joined with members of Explosive Ordnance Disposal (EOD) Mobile Unit 1 in Split and Dubrovnik, Croatia, Sept. 9 - Oct. 20 to teach the techniques of finding and mapping underwater unexploded ordnance. Their students were navy divers and special police from the countries of Croatia, Montenegro and Slovenia.

U.S. forces taught host

nations side-scan sonar, magnetometer, and planning and mapping software to detect and map underwater mines.

Once the mines were located, a team of divers were dispatched to the suspected locations to provide positive identification of the hazards.

Following two weeks of classroom and three weeks of field operations, the three countries successfully mapped over four square miles of sea floor

off the coast of Dubrovnik, Croatia.

The host nations were very pleased with the new technology and skills.

"This technology is amazing," said Petty Officer 1st Class Stankovic of Croatia. "In the past we did everything with only divers and the searches took too long. It would have taken us years to do everything we did here in three weeks."

Ultimately, everyone involved gained valuable

knowledge about the technology; international alliances were strengthened; and three countries now have the capability to detect and map underwater ordnance to make their waters safer for the future.

UCT 1 provides responsive inshore and ocean underwater construction, inspection, repair and maintenance to ocean facilities for Navy, Marine Corps and joint forces engaged in military operations.

WE BUILD ★ WE FIGHT



SEABEE Online
United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

SEABEE GIFT STORE

Working on your holiday shopping list? 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.

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

Portraits of Love - FREE Portrait Sessions

FREE portrait session sitting and FREE portrait done by world renowned photographers to send your loved one whether they are currently serving overseas or have returned home. Portraits of Love will be available to Active Duty, Guard or Reservists and their families Saturday, Dec. 14 from 10 a.m. – 6 p.m. and Sunday, Dec. 15 from 10 a.m. – 4 p.m. at the Hilton Garden Inn Gulfport located at 14108 Airport Road, Gulfport. Register online at Register online at <http://portraitsoflove.eventbrite.com>

Focus on Education

Annapolis midshipman wins Fulbright Grant and FitzGerald Scholarship

By Lt. Teng K. Ooi, PHD
U.S. Naval Academy and
Capt. Linda J. Beltra,
MD,
Naval Hospital Jacksonville

The U.S. Naval Academy's Languages and Cultures Department honors Midshipman First Class Kirsten Anna Asdal, winner of two significant scholarships: the 2013 Fulbright Grant and the FitzGerald Scholarship.

Asdal graduated in the top 2 percent of her class with a Bachelor of Science degree in Chinese. She was an accomplished member of the International Pistol Team and served as the First Company Commander in the spring this year.

The Fulbright Program was established in 1946 under legislation introduced by Senator J. Wil-

liam Fulbright of Arkansas, who believed the program could play an important role in building lasting world peace in the aftermath of World War II.

The Fulbright Grant recognizes Asdal's high academic achievement, a compelling project proposal, and demonstrated leadership potential. As the recipient of the 2013 Fulbright Grant, Asdal will have the opportunity to travel to Taiwan to participate in an individually designed study and research project, which will combine continued Chinese language studies with research on regional maritime conflict. She will be based at National Chengchi University in Taipei, Taiwan.

The W.H.G. FitzGerald Scholarship was established in 1987 by Wil-

liam H. G. FitzGerald, a member of the Class of 1931 and former U.S. Ambassador to Ireland, to allow one or two Naval Academy graduates every year to attend Oxford University with full funding for two years of study. The FitzGerald Scholarship recognizes Asdal's scholarly attainment, leadership ability, and capacity for devotion to a cause beyond self. It will provide full funding for Asdal's pursuit of a master's degree in Contemporary Chinese Studies at Oxford University in the UK.

After completing her graduate degree she will enter the surface warfare community and serve aboard the USS MICHAEL MURPHY (DDG 112) at Pearl Harbor, Hawaii.

"It is such an honor to receive these scholarships



Left to right: Marcia Asdal (Mother), Lt.j.g. Lindsey Asdal, Ensign Kirsten Asdal, Midshipman Charlotte Asdal, and Lt. Ashley Asdal gather after graduation and commissioning ceremonies at the U.S. Naval Academy. The Asdal family, which also includes Annie, Duke, and father Bill Asdal, set a record for having four sisters attend the U.S. Naval Academy. (Photo courtesy of Bill Asdal/Released)

and to join the ranks of the many distinguished former recipients," said Asdal. "These opportunities to study in Taiwan and the UK will provide invaluable academic experiences and cross-cultural exchanges

which I know will be of great benefit to both the Navy and myself in the future. I'd like to thank the many professors, advisors, and mentors who have helped me get to this point."

Education Notes

NCBC Gulfport Home School Meeting

An informational meeting for the NCBC Home School Network is scheduled for Dec. 16, 6 p.m., in the MWR Conference Room located in building 352. More information on the meeting may be obtained by calling School Liaison Officer, Kevin Byrd at 228-871-2117.

Coastline Community College

Spring "A" Term registration for Coastline Community College is happening now. Spring "A" Term runs Jan. 28 - March 24. For additional information, contact Dr. David Drye in the Navy College Office, at 228-871-3439 or at ddrye@coastline.edu.

NCBC School Liaison Officer Kevin Byrd, is located in MWR building 352, 1706 Bainbridge Avenue on board NCBC Gulfport. He can be reached by phone at 228-871-2117 or email kevin.r.byrd@navy.mil.

Scholarships for Military Children program opens

By Cherie Huntington
DeCA Public Affairs

Applications for the 2014 Scholarships for Military Children Program became available Dec. 3 at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>.

Applications must be turned in to a commissary by close of business Feb. 28, 2014. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

This year's award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary with qualified applicants.

An applicant must be a dependent, unmarried child, younger than

21 – or 23, if enrolled as a full-time student at a college or university – of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card.

The applicant must attend or plan to attend an accredited college or university, full time, in the fall of 2014 or be enrolled in studies designed to transfer to a four-year program.

Fisher House Foundation, a non-profit organization that helps service

members and their families, administers the program.

Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships. Commissary partners and the general public donate money to the program; every dollar donated goes directly to funding the scholarships.

Since inception of the program in 2001, more than \$11.3 million in scholarships have been awarded to 7,412 military dependents from more than 71,000 applicants.

For more information, students or sponsors should call Scholarship Managers at 856-616-9311 or email them at militaryscholar@scholarship-managers.com.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

A misfit shopper's pledge

Like most military families struggling to climb the never-ending series of financial peaks along life's path, we are in a constant state of semi-panic.

Mortgages, car loans, school tuition, music lessons, credit card payments, repair bills, sports fees, application fees, grocery bills, insurance bills and all the other costs that encumber the typical military family, can pile up into a seemingly overwhelming mountain of expenses.

We trudge up that treacherous peak, wondering if we'll ever get out of debt, save enough for college, and make it to retirement. We keep at it, hoping that one day, we'll reach the summit and plant a flag signaling that our personal financial goals have been achieved. And it'll be all downhill from there.

In the meantime, we keep climbing from one tiny crumbling precarious ledge to the next, in a continuing struggle to balance our income and expenses. And just when we think we've found a foothold, something comes along and knocks us into another crevasse of debt.

No, it's not a polar bear, a mountain goat, or the Abominable Snowman -- it's the Holiday Shopping Season and there's nothing more dangerous to our financial security this time of year.

"Now, kids, your father and I are not going to buy



a lot of Christmas presents this year," I've told our children on numerous occasions, and despite their "we've heard this before" eye-rolling, I've sincerely meant it every time.

The problem is: once I get out there in that frenzy of holiday shoppers, I lose my way. Despite careful budgeting and planning, I am bombarded by a blizzard of twinkle lights, eye-catching displays, irresistible special pricing, fuzzy slippers, cheese log samples, ingenious gadgets, two-for-one deals, and unsolicited perfume spritzes.

I'm not an experienced shopper, so like the preacher's daughter at the frat party, I sometimes don't know when to stop.

One minute, I show up at the mall armed with a budgeted list of specific items and a plan to be home before dinner. The next thing I know, I've overdosed on department store fragrances and Harry & David samples. My husband and kids have called numerous times,

wondering why I haven't come home yet. My minivan is stuffed with shopping bags full of items, half of which I bought for myself.

Woozy and confused, I chew the remnants of peppermint bark I vaguely recall buying from a female elf at Macy's, make the humiliating "drive of shame" back home, and wonder when the avalanche of credit card bills will start rolling in.

What happened? Will I ever learn financial self-control and stay on course? Or will I always be blinded by the blizzard of holiday shopping temptations and go adrift?

With three teenagers in the house and college tuition bills looming in our future, I'm making a pledge to stay on course this year: I WILL NOT try on boots, agree to a free exfoliating hand massage, sample gourmet mustards, or inhale even the tiniest whiff in the perfume department. I WILL stick to my list, pay in cash, avoid anyone dressed up like an elf, and save a few dollars left for the Salvation Army bucket.

I may not have Rudolph to guide me, but there's no need to cancel Christmas. This misfit shopper will make it through the holiday spending blizzard of 2013, and live to tell the story.

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

Health Watch

Did You Know? Washing of hands plays big role in fending off flu, colds

From Lt. Adam Susmarski, MC
Naval Branch Health Clinic Gulfport

Cold and flu season is underway and, according to the Centers for Disease Control and Prevention, one of the most important steps you can take to stay healthy and avoid spreading germs is to wash your hands. By keeping your hands clean, you can help prevent colds, flu, food poisoning, diarrhea and other illnesses. Washing your hands often reduces the chance of spreading germs.

When to wash your hands:

- ~ Before eating and before, during and after handling or preparing food
 - ~ Before and after treating a cut or wound
 - ~ Before and after caring for someone who is sick
 - ~ After using the toilet
 - ~ After changing a diaper
 - ~ After touching garbage
 - ~ After blowing your nose, coughing or sneezing
 - ~ After touching an animal or animal waste
 - ~ After coming inside from being outdoors
 - ~ Anytime your hands feel or look dirty
 - ~ After handling any type of chemical product or potentially toxic material
 - ~ Before inserting or removing contact lenses
- How to wash your hands:
1. Wet your hands with clean, running water and apply soap.
 2. Rub your hands together to make a lather and scrub them well, making sure to scrub the backs of your hands, between your fingers and under your nails.
 3. Continue rubbing your hands for a least 20 seconds or the time it takes to sing the "Happy Birthday" song twice from beginning to end.
 4. Rinse your hands well under running water.
 5. Dry your hands with a clean towel or let them air dry.

Note: Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol when soap and water are not available.

It is important to practice good hygiene all year long, but especially during the cold and flu season. While washing your hands does not guarantee you will not get sick, it can decrease your chances. Be sure to teach your children why it is important and how to wash properly.

For more information on keeping your family healthy, go to www.hnfs.com, select "I'm a Beneficiary" and then click "Wellness."

1. <http://www.cdc.gov/handwashing/>
2. <http://www.cdc.gov/contactlenses/>

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.

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!

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: CNRS_HOTLINE@navy.mil



December 2013



Fitness Center

Sign up for the 12 Days of Christmas Challenge starting Dec 9th through 20th. Sign up beginning now @ Fitness front desk! Contact Michael McLaughlin for details @ 228-822-5108 michael.e.mclaughlin@navy.mil Dec 6th sign up deadline. Participants must complete all 12 tasks in 12 days. MWR staff will sign off on each task. Active Duty receive a CBC drawstring bag after successful completion.

Information, Tickets and Travel
Give the GIFT of TRAVEL!
Drop by ITT to check out our great deals and make it a gift they'll always remember!
Everyone needs a vacation!
Call 228-871-2231 for more information today!



Outdoor Recreation DEC Specials

CAMPING RENTAL PKG - only \$38!!
FISHING RENTAL PKG - only \$49!!

Call 228-871-2127 for details and reserve your adventure TODAY!



Youth Activities Center*

Dec 03 - 5:30-8:30	Torch Club & Newcomers Orientation	FREE
Dec 04 - 5:30-8:30	Holiday Cookie Making Workshop	FREE
Dec 05 - 5:30-8:30	Smart Moves & Make your own SNOW!	FREE
Dec 06 - 6:00-8:00	CHRISTMAS TREE LIGHTING EVENT	FREE
Dec 07 - 5:00-11:00	MS SURGE Hockey Game Trip	\$7.00
Dec 10 - 5:30-8:30	Holiday Karaoke and Dance Off!	FREE
Dec 11 - 5:30-8:30	Triple Play Winter Olympics	FREE
Dec 12 - 5:30-8:30	Candy Cane Relay Race & Indoor Games	FREE
Dec 13 - 6:00-9:00	Movies On The Big Screen w/Popcorn	\$2.00 (limit 50)
Dec 14 - 8:00-4:00	LA Children's Museum (Lunch needed)	\$5.00 (limit 30)
Dec 17 - 5:30-8:30	Image Makers ELF YOURSELF!	FREE
Dec 18 - 5:30-8:30	Triple Play Cooking Club-Gingerbread Competition	FREE
Dec 19 - 5:30-8:30	Holiday JEOPARDY & Arts/Crafts	FREE
Dec 20 - 6:00-9:00	Movies On The Big Screen w/Popcorn	\$2.00 (limit 50)
Dec 21 - 10:00-4:00	Cinemark Movie Theater (Lunch needed)	\$5.00 (limit 30)
Dec 24 - 5:30-8:30	Santa Card Making & Holiday Games	FREE
Dec 26 - 5:30-8:30	Hide & Go Seek/Indoor Games	FREE
Dec 27 - 6:00-9:00	Movies On The Big Screen w/Popcorn	\$2.00 (limit 50)
Dec 28 - 9:30-4:30	Slidell Rock Climbing Trip (Lunch needed)	\$8.00
Dec 31 - 5:30-8:30	New Year's Resolution Making	FREE

*Must be enrolled in the youth program to take part in the youth activities

DEC. Field Trips & Special Event SIGNUPS will begin on 11/22/13
WINTER BREAK CAMP (12/23/13-1/3/14, closed 12/25) -
SIGNUPS BEGIN 12/2

LIBERTY*

Dec 01	Sunday NFL Football on the BIG Screen		12:00p
Dec 02	Monday Night Football Party	FREE food/drinks	7:00p
Dec 04	Madden 25 Tournament	1st place PRIZE	6:00p
Dec 05	Toss your Cookies Contest		6:00p
Dec 07	Habitat for Humanity Volunteer Trip		7:00a
Dec 08	New Orleans SAINTS vs Carolina PANTHERS	\$40 ticket/transportation	9:00a (departure)
Dec 08	Monday Night Football Party	FREE food/drinks	7:00p
Dec 11	Pool Tournament	1st place PRIZE	6:00p
Dec 13	Memphis Grizzlies vs New Orleans Pelicans	\$28 ticket/transportation	5:30p (departure)
Dec 15	Audubon Zoo Trip	\$2 ticket/transportation	9:00a (departure)
Dec 18	Where is NCBC SANTA? 12/18 til SANTA is FOUND!	Get a new Clue each day!	
Dec 19	Egg Nog Drinking Contest		6:00p
Dec 20	Mississippi Surge vs Columbus Cottonmouths	\$8 ticket/transportation	6:00p (departure)
Dec 21	Cinemark Theater Trip	FREE Shuttle	6:00p (departure)
Dec 23	SMASH Rudolph's Nose Contest - Ping Pong Tournament		6:00p
Dec 24	Christmas Eve Movie Marathon	FREE popcorn	11:00a
Dec 25	Christmas Day Gift Raffle - ENTER MWR raffle to receive a CHRISTMAS GIFT from LIBERTY!		
Dec 28	Infinity Science Center Trip	FREE Shuttle	11:00a (departure)
Dec 29	Sunday NFL Football on the BIG Screen		12:00p
Dec 31	College Bowl Games on the BIG Screen		

From Dec 23-31, Enjoy Homemade Treats EACH DAY, ALL DAY!

FREE Cookies, brownies, cakes and pies!

*Liberty Center and Liberty events are only open to single sailors and geo-bachelors. For updates on events, go to www.facebook.com/ncbdliberty



FREE Movie Program @ Training Hall

SUNDAY	12/1/13	3:00 PM	THE SANTA CLAUSE 2	PG
		5:30 PM	MORTAL INSTRUMENTS: CITY OF BONES	PG13
FRIDAY	12/6/13	6:30 PM	"RISE OF THE GUARDIANS"	PG
			CHRISTMAS TREE LIGHTING EVENT MOVIE	
SATURDAY	12/7/13	1:00 PM	ONE DIRECTION: THIS IS US	PG
		3:30 PM	PLANES	PG
		6:00 PM	THE FAMILY	R
SUNDAY	12/8/13	3:00 PM	THE SMURFS 2	PG
		6:00 PM	THE WORLD'S END	R
FRIDAY	12/13/13	5:00 PM	RIDDICK	R
		7:30 PM	INSIDIOUS CHAPTER 2	R
SATURDAY	12/14/13	1:00 PM	THE NIGHTMARE BEFORE CHRISTMAS	PG
		3:00 PM	THE SANTA CLAUSE 2	PG
		5:30 PM	PRISONERS	R
SUNDAY	12/15/13	3:00 PM	WHITE CHRISTMAS	G
		6:00 PM	INSIDIOUS CHAPTER 2	R
FRIDAY	12/20/13	5:00 PM	PRISONERS	R
SATURDAY	12/21/13	1:00 PM	WHITE CHRISTMAS	G
		4:00 PM	THE NIGHTMARE BEFORE CHRISTMAS	PG
		6:00 PM	RIDDICK	R
SUNDAY	12/22/13	3:00 PM	THE SANTA CLAUSE 2	PG
		6:00 PM	RIDDICK	R
MONDAY	12/23/13	5:00 PM	TURBO	PG
		7:00 PM	KICK ASS 2	R
THURSDAY	12/26/13	5:00 PM	PLANES	PG
		7:00 PM	CLOSED CIRCUIT	R
FRIDAY	12/27/13	5:00 PM	MORTAL INSTRUMENTS: CITY OF BONES	PG13
		8:00 PM	INSIDIOUS CHAPTER 2	R
SATURDAY	12/28/13	1:00 PM	PLANES	PG
		3:15 PM	THE FAMILY	R
		6:00 PM	KICK ASS 2	R
SUNDAY	12/29/13	3:00 PM	MORTAL INSTRUMENTS: CITY OF BONES	PG13
		6:00 PM	RIDDICK	R
MONDAY	12/30/13	5:00 PM	THE SMURFS 2	PG
		7:30 PM	THE FAMILY	R

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p, Sun 3-11:00p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-1:30p, Sat 10a-4p, Sun Closed
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p & 4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-6:45a & 2:30-5:30p
SAC		Hours:	M-Th 5a-8p, Fr 5a-8:30p
Teen Center		Hours:	Tu-Th 5:30a-8:30p & Fr 6a-9p
Rec Center		Hours:	

Child Development Center
Santa is visiting on Dec 20 from 2-4p!



Be the first to know the fun!
Like NCBC MWR on Facebook!

www.facebook.com/gulfportmwr



NCBC Helping Hands

WEST HARRISON HIGH SCHOOL is asking for 13 volunteers to assist in procuring and monitoring the hallways during the next administration of the Miss. SATP tests Dec. 6 and Dec. 9. Volunteers should report to WHHS, 10399 County Farm Road, Gulfport at 7:15 a.m. Testing will be complete no later than 3 p.m. (with most being completed by noon.) Please contact Julie Cullinan at jcullinan@harrison.k12.ms.us.

MISSISSIPPI RENAISSANCE GARDEN'S HORTICULTURE FOR HUMANITY (H4H) needs volunteers to assist with "Coast Kid's Plantin' Daffodils" at Biloxi Hiller Park Children's Christmas Festival, Dec. 14. Parents will bring their children to Biloxi Hiller Park to plant daffodils together, take a picture and receive a certificate, select flower, vegetable and herb seed packets for home planting. Advance help is needed Nov. 23, 8 a.m. – 2 p.m., at Hiller Park Renaissance Garden to prepare the garden beds. Please call 228-388-2622 to help. Volunteers may bring their children for the December 14 planting event. All volunteers may also select free flower, vegetable and herb seed packets for their generous help.

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, 228-867-2140.

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 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 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. 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!

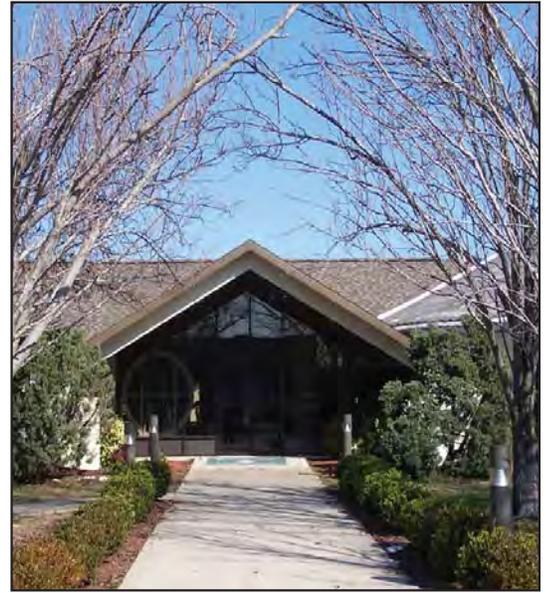
COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time to help.

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.

Seabee Memorial Chapel



**NCBC Center Chaplain:
Lt. Cmdr. Ammie Davis, 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

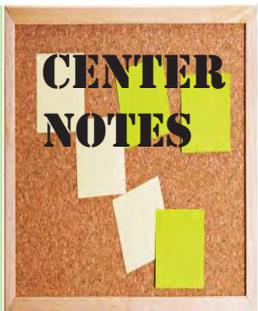
as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

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.

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



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.com 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 for more information.

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 saudersmt@earthlink.net or Len Krapcha at 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 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, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. 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.

Happy
238th
Birthday
Navy
Chaplain
Corps!

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