

SEABEE COURIER

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September 19, 2013

In memory of Navy Yard victims



Secretary of Defense Chuck Hagel, right, Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey, Chief of Naval Operations Adm. Jonathan Greenert, Secretary of the Navy (SECNAV) Ray Mabus, and Adm. James A. Winnefeld Jr., Vice Chairman of the Joint Chiefs of Staff render honors during a wreath laying ceremony at the U.S. Navy Memorial, Sept. 17. The ceremony was in honor of the 12 victims of the Navy Yard shooting Sept. 16. SECNAV directed a rapid review of Navy and Marine Corps' security procedures at military bases in the United States. Adm. William E. Gortney, commander, U.S. Fleet Forces Command, will lead the review for the Navy and Lt. Gen. Rick Tryon, commander, U.S. Marine Corps Forces Command, will lead the review for the Marine Corps. The review is to be submitted to Mabus by Oct. 1. (U.S. Navy photo by Mass Communication Specialist 1st Class Arif Patani/Released)

Call is out for enlisted rating SME's

By Katrina Gergely
NETPDTC Public Affairs

The latest Advancement Examination Readiness Review (AERR) schedule and volunteer request was announced in Naval Administrative Message (NAVADMIN) 238/13, released Sept. 16.

Navy chiefs (E7 to E9) on active duty, Full Time Support (FTS), and Reservists on Active Duty for Special Work (ADSW) who are interested and motivated to participate in the process that helps identify the most qualified advancement candidates are encouraged to apply.

"I can think of no better way for a chief petty officer to positively impact his or her entire rating than by participating in an Advancement Exam Rating Review," said Naval Education and Training Professional Development Technology Center (NETPDTC) Command Master Chief Cryptologic Technician (Collections) Eddy Mejias. "Seasoned chiefs who have served on various platforms, have a variety of NECs,

See SME page 4

Save the Date!
Combined Federal Campaign
Kick Off Celebration
Oct. 1, 11 a.m. - 1 p.m., Fleet and
Family Support Center (FFSC,
building 30), parking lot



NCBC

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BZ to area Ombudsmen



Ombudsman from the Gulfport area met at the Colmer Dining Facility on board the Naval Construction Battalion Center (NCBC) for an Ombudsman Appreciation Luncheon in celebration of Ombudsman Appreciation Day, Sept. 16. This year marks the 43rd anniversary of the Navy Family Ombudsman Program. Ombudsman are spouses of active duty service members and volunteers who are selected by the commanding officer to serve as a liaison between the CO and families. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

MCPON Stevens thanks Ombudsmen

From Master Chief Petty Officer of the Navy Michael Stevens

Navy Ombudsmen,

Theresa and I would like to take some time to say 'thank you' for your support and dedication that you provide to our Sailors, families and our great Navy.

For the past 43 years, Ombudsmen have been an irreplaceable resource for our Sailors, while serving as an information link between command leadership and command families.

As an Ombudsman, you work collaboratively with the command to maintain and sustain the morale and welfare

of the command's service members, their families and single Sailors on active duty.

As we all know, family readiness is tied to mission readiness and having a strong family support structure enables Sailors to excel at their jobs and the Navy to accomplish its missions. Your help successfully navigates the unique challenges of our lifestyle and know that the job you do is immeasurable!

Thank you, Ombudsmen, for your continued support and selfless dedication.

Very Respectfully,
MCPON and Theresa Stevens

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 Street

By CECN(SCW) Lucinda Moise, NCBC Public Affairs

What was your most memorable experience of the Phase II process?



"Getting to know new chiefs and becoming a family."

Chief Jean Guerrier
NCTC

Hometown: Miami, Fla.



"Getting to know everyone here and forming an extended family"

Chief Lacy Burrhus
CO Rivron 3

Hometown: Hallsville, Texas



"Getting to know everybody."

Chief Chris Brooks
NMCB 74

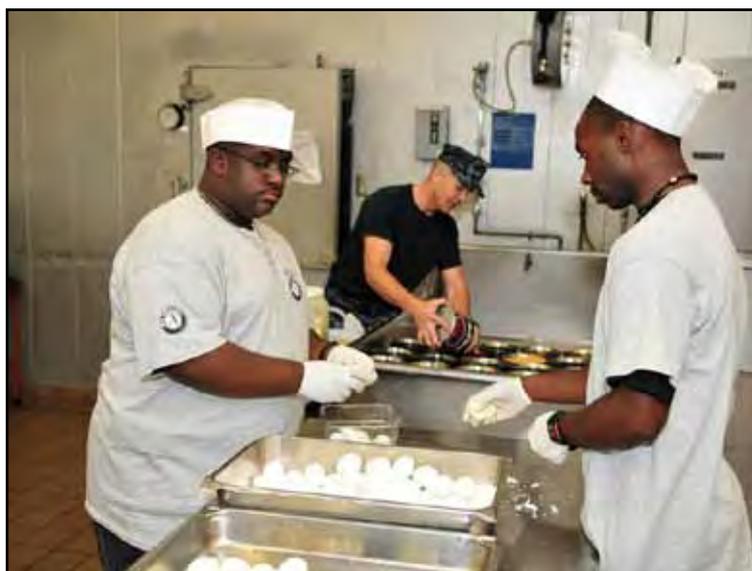
Hometown: Dadesville, Ala.



Capt. Paul Odenthal, commanding officer, NCBC Gulfport addresses the Naval Mobilization Processing Site (NMPS) Gulfport staff on the last operating day as an NMPS before the command's deactivation. Odenthal thanked the 25-person staff for the work they have done over the years mobilizing tens of thousands of Reservists in support of Operations Iraqi Freedom and Enduring Freedom. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



As local media film their progress, Naval Mobile Construction Battalion (NMCB) 11 Det. Gulfport Seabees volunteer with Alfred State University students on a Habitat for Humanity Mississippi Gulf Coast 9/11 Day of service project in Harrison County. Det Gulfport is also continuing to work on a Equestrian Center project at the Harrison County Fairgrounds. The remainder of the battalion is currently deployed to multiple locations in support of FRICOM, EUCOM, CENTCOM and PACOM. (U.S. Navy photo/Released)



Students from Café CLIMB Community Development Corporation (CLIMB CDC,) in partnership with AmeriCorps, volunteered at the Colmer Dining Facility as part of the Corporation for National and Community Service (CNCS) September 11th National Day of Service and Remembrance on board NCBC Gulfport. Café CLIMB is a non-profit restaurant and catering social enterprise staffed by local, at-risk youth ages 18 to 26 years. Through volunteer hours, education and on-the-job training, students of CLIMB CDC can earn their GED Certificate of High School Equivalency and learn a trade in the culinary, café, catering or contract food service. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Frames

NC1(SW) Paul D. Soto, Command Career Counselor, 22nd Naval Construction Regiment (NCR), Naval Construction Group (NCG) 2

FREEZE FRAME

By **UTCN Alicia Fluty**
NCBC Public Affairs

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

PDS: The single experience that stands out the most during my career would be my deployment with the Chilean Navy during UNITAS 2003 Deployment. Aside from working side by side with an exceptional foreign military service, I also had the opportunity to do some really meaningful COMREL projects throughout South America.



PDS: My favorite part about being/working with the Seabees is the camaraderie. Once you embed yourself in this community, and prove that you are a team player, you become an important part of their "Can Do" spirit.

FF: Who was your most influential mentor during your career, and why?

PDS: My most influential mentor is Lt. Kevin M. Bacon Cheng. He taught me the value of taking care of the Sailors that in turn accomplish the mission. That single leadership trait continues to give me the drive and inspiration to accomplish my part of the mission . . . taking care of our service members!

FF: What has been your biggest motivation throughout your career?

PDS: My biggest motivation throughout my career has been my faith. I believe in the best asset the Navy has . . . its peo-

ple! Given the right guidance, motivation, and leadership to succeed; there are absolutely no missions we can't accomplish together.

What advice would you give to future Seabees

and Sailors?

PDS: My advice to future Seabees/Sailors would be to remain proactively engaged in managing their careers as well as the careers of those whom they lead. Each decision

we make today has a direct impact on the opportunities that we may be afforded tomorrow.

FF: What is your favorite part about being/working with the Seabees - why?

Happy Birthday U.S. Air Force . . . Proudly celebrating 66 years of service!

From **SME** page 1 and are at the top of their game as technical experts are exactly who we want to develop advancement exams. These subject matter experts provide us with the knowledge and experience to produce accurate and valid exams for each rate."

Chiefs who are selected as Fleet Subject Matter Experts (FSME) for the AERR panels are responsible for determining the content of E4 through E7 rating advancement exams. Chiefs with experience in multiple platforms or recent experience on a major rating skill-set are highly desirable. There are seven eligibility requirements listed in the nomination package and detailed in the NAVAD-MIN. Potential applicants

should contact NETPDTC for additional information.

The application to volunteer as a FSME must be endorsed by the member's commanding officer or officer in charge, as well as their command master chief, senior chief or chief of the boat prior to submission to NETPDTC. The Navy Advancement Center (NAC) AERR fleet liaison, Peter Pappas, coordinates with learning center rating managers, detailers and Type Commander (TYCOM) representatives to select the best nominees.

"The FSME selection determination is based on having a well-rounded panel with the extensive rating knowledge and experience that corresponds with what the rating is tasked to accomplish out in the fleet,"

said Pappas. "NETPDTC continues to seek experienced applicants to enable seating panels for every AERR with all of the rating-critical skills included. The FMSE selection process is vital to the development of valid and reliable enlisted examinations."

The exam reviews are held at Saufley Field in Pensacola, Fla. and FSME travel is funded by NETPDTC. The reviews run one or two weeks in length with each rating being reviewed about every two years. Updates to the AERR schedule are published quarterly.

For application forms and additional requirements, visit <https://wwwa.nko.navy.mil/portal/careermanagement/navyadvancementcenter>.

Stand Up for Vets at annual MS Gulf Coast Veterans Stand Down

Donations are now being accepted for the Homeless Veterans Stand down Oct. 10, 9 a.m. – 1 p.m. on the grounds of the VA Gulf Coast Health Care System in Biloxi. Most needed items include: Bus passes with CTA, backpacks/duffle bags, old uniforms (without name tags or ranks), phone cards, gift cards (Walmart, Target), dog food for pets, reading glasses, flashlights with batteries, restaurant coupons, female hygiene products, toiletries, bug spray, sleeping bags, blankets, canned goods (pop top cans), utensils, MRE's, candles (large candles inside coffee cans), Band Aids/antibacterial gel, small sewing kits, small packs of tissue, note pads and pens, used paperback books, plastic rain ponchos, garbage bags, sunscreen. Please bring donations to Seabee Memorial Chapel. Approximately 50 volunteers are also needed for the Veterans Stand down. Point of contact is Chaplain Choi, 228-871-2454 or Chief Weaver, 228-871-2959.



2013 Chief Petty Officer Pinning



Left: Chief (select) Engineering Aid Andrew Strong, assigned to Naval Construction Training Center, has his chief's anchors pinned to his collar by his wife, Jessica, left, and mother, Christine Martin, during a pinning ceremony at the Training Hall on board NCBC Gulfport, Sept. 13. Right: Chief Culinary Specialist Kenneth McClendon, assigned to Naval Mobile Construction

Battalion (NMCB) 11, holds his salute after passing through the sideboys during the pinning ceremony at the Training Hall. After six weeks of CPO 365 Phase II training and an 18-hour final test, 44 CPO selectees were pinned to CPO during the ceremony. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Gulfport CPO selectees complete CPO 365 Phase 2 program

By MCC(SW) Kim Martinez
NMCB 1 Public Affairs

Chief petty officer (CPO) selectees from Naval Construction Battalion Center (NCBC) Gulfport completed Phase 2 of the Master Chief Petty Officer of the Navy's (MCPON) CPO 365 Phase 2 program with a pinning ceremony, Sept. 13.

CPO 365, a yearlong development and training for first class petty officers (FCPO), was introduced in 2010 under former MCPON Rick West. It includes two phases, the first of which begins in September each year.

The group of 46 Sailors participated in several events during the six-week long training including a congratulatory meet-and-greet for the selectees and their families, many time-honored traditions, such as building CPO Charge Books and a capstone event focused on teamwork and resilience.

"This was an exciting time for us," said Chief Builder Albert Amos, assigned to Naval Mobile Construction Battalion (NMCB) 1. "We learned so much about CPO history and about each other. The training we participated in during CPO 365 Phase 2 armed us with the tools we will use to be leaders in the Navy."

The new chiefs conducted several community service events, allowing them the chance to give back to the local community. They volunteered at the Armed Forces Retirement Home, the Feed My Sheep Organization and hosted car washes at businesses in the Gulfport community.

"Our seven guiding principles of a chief petty officer teach us the importance of loyalty and character," said Chief Yeoman Tephaine Davis, assigned to Naval Construction Group (NCG) 2. "Giving back to our community at large falls into that spectrum, and it is important for us to show our Sailors

how valuable and important it is to embrace and uphold the community that supports us."

Upon completion of the final ceremony, the new chiefs reported to their new commands ready to lead alongside the chiefs who helped guide them along in during the entire CPO 365 training program.

"Since the inception of CPO 365, these Sailors have learned the value, heritage and tradition behind everything we do as chief petty officers and the Navy," said Chief Equipment Operator Brian Bellefeuille, NMCB 1 Air Detachment operations chief. "The tools that we have equipped them with for their tool bags will guide them in their decision making as chiefs, which is gravely important to the Navy. One big point that we reinforced throughout this process is that the chiefs are not alone, and that if they ever need anything we are always here to help."



Above: Chief Engineering Aide Rusty Sitter explains the 11 different stations at the Seabee Technical Trainer on board Naval Construction Battalion Center (NCBC) Gulfport to Rear Adm. Frank Morneau, left, commander of Navy Expeditionary Combat Command (NECC), Sept. 17. Naval Construction Group (NCG) TWO maintains the Seabee Technical Trainer to allow East Coast battalion Sailors to maintain their Seabee training in electrical, plumbing, steelworking and construction specialties. This is Morneau's first visit to NCG 2 since taking command of NECC in July.

NECC in Gulfport for visit with NCG 2



Above: Rear Adm. Frank Morneau, right, commander of Navy Expeditionary Combat Command (NECC) talks with junior Sailors during a lunch at the Colmer Dining Facility on board Naval Construction Battalion Center Gulfport, Sept. 17. This is Morneau's first visit to Naval Construction Group TWO and its subordinate battalions since taking command of NECC in July. (U.S. Navy photos by Chief Mass Communication Specialist Athena Blain/Released)

Well-Baby Check-ups Up to Date? Enroll in Relay Health and ask your provider today! For more information, visit: http://www.med.navy.mil/sites/pcola/Medical_Home/pages/default.aspx

NMCB 133 'Roos celebrate 70 years of service

By Lt. Eamon McGraw
NMCB 133 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133 gathered to celebrate 70 years of service with a cake cutting ceremony aboard the Naval Construction Battalion Center Sept. 17.

Commanding Officer Cmdr. Jeff Powell, spoke briefly to remind those in attendance of the battalion's tremendous legacy – a story that stretches from the Black Hell of Iwo Jima, through the jungles of Vietnam, across the deserts of Iraq and Afghanistan, and to numerous locations in every corner of

the globe.

"While I want us to honor our predecessors and remember our fallen comrades today, I also want to drive home the point that you are also now a part of this legacy," Powell said.

"Whether you have served multiple tours in this battalion or checked in yesterday, you are a member of the NMCB 133 family."

Along with this sense of community came a call to service.

"Building on our tremendous heritage, we will always be ready to operate forward and provide relevant, timely construction to the warfighter," Powell



Builder Constructionman Olivia Ploetz, the youngest Seabee in Naval Mobile Construction Battalion (NMCB) 133 and Builder 1st Class Anthony Hill, the oldest member in attendance, Command Master Chief David Garcia and NMCB 133 Commanding Officer Cmdr. Jeff Powell cut a cake in during the battalion's 70th birthday celebration, Sept. 17. NMCB 133 was first commissioned as NCB 133 for service during World War II on Sept. 17, 1943. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

added. "Cherish your time here. Embrace and

enhance the legacy of the Runnin' Roos."

SAME Semi Annual Scholarship Golf Tournament

Oct. 18, 1 p.m. start. Lunch at noon at The Cardinal Gold Course at Diamonhead. Fees: \$70/player or \$260/4-person team (includes lunch). For registration info, visit SAMEgolftournament.com or contact James Keokosal at james.keokosal@navy.mil



NMCB 11 remembers 9/11 attacks on America

By MC1 Jonathan Carmichael
 NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 stood in formation alongside members of all services on Camp Lemonnier, Djibouti in remembrance of the 9/11 terrorist attacks; 12 years to the day.

The remembrance began with morning colors at which time the American flag was flown at half-mast as a symbol of mourning.

Following an invocation by Cmdr. John J. Gayton, command chaplain of Camp Lemonnier, U.S. Marine Corps Master Gunnery Sgt. Adam Newsum took the podium and articulated his personal experience only a few blocks from the World Trade Center towers, where he was working as a recruiter the morning of the attacks.

"The scene was apocalyptic," said the New York

native. "Walking around, I noticed one of the building remains. Someone had scrawled in them, the words Semper Fidelis."

Seeing the Marine Corps motto, which is Latin for "Always Faithful," Newsum became immediately hopeful and confident that "we can get past this."

Chief (select) Builder Gabriel C. Martinez read a quote from former President George W. Bush who said, "These acts, shattered steel, but they cannot dent the steel of American resolve."

Martinez was one of four Navy chief petty officer selectees to take a turn at the podium. Other speakers included Chief (select) Culinary Specialist Corey D. Montgomery, Chief (select) Quartermaster Amanda L. Jenkins, and Chief (select) Explosive Ordnance Technician Thomas K. Langdon.

The event concluded with a benediction by Lt. Cmdr.



Sailors assigned to Naval Mobile Construction Battalion (NMCB) 11 stand with Marines, Airmen, and Soldiers during a 9/11 Remembrance Commemoration on Camp Lemonnier. NMCB-11 is home-ported in Gulfport, Miss. and is currently deployed to multiple locations in support of AFRICOM, EUCOM, CENTCOM, and PACOM. NMCB-11's Det. Horn of Africa (HOA) is a Combined Joint Task Force (CJTF) HOA unit whose mission includes stabilizing and strengthening security in East Africa through military-to-military engagements with partner nations. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

Washington Johnson II, deputy chaplain of Camp Lemonnier.

Further remembrance was acknowledged by minute long observances of

the four attacks that took place at the minute each See **NMCB 11** page 8

NMCB 74 Family PT fun morphs into Summer Bash

By BUCN Alexa Trafton
 NMCB 74 Public Affairs

Naval Mobile Construction Battalion (NMCB) 74 members and families participated in their third family physical training (PT) of the during the final homeport for the battalion this year.

Families big and small came out for the fun activities planned for the hour session on the soccer field by the gym. Although the weather was warm, the motivation was high and the fun was plentiful for everyone involved. No one seemed to mind the heat, with the families involved.

All activities were more enjoyable when there were children giggling, wives smirking, and husbands making funny faces as they did the exercises. Everyone on the field had a smile on, whether they were doing

pushups or squats, lunges or planks, jumping jacks or mountain climbers.

After PT, families got cleaned up and ready for the annual NMCB 74 Summer Bash, held at Seabee Lake.

Immediately after family PT, the park was full. Members and their families were able to get some essential pre-deployment information, before the official pre-deployment fair in December.

A number of base and battalion services had tables at the event, and passed out as much information as possible.

Along with the information tent, there were activities for kids, a grill out and some competitive sports between companies. Ultimate Frisbee was the crowd favorite and drew a crowd of spectators to cheer on spouses and friends. Children enjoyed



Utilitiesman 1st Class Michael Gerty prepares to do pushups with his son and other Seabees attached to Naval Mobile Construction Battalion (NMCB) 74 as part of a battalion-wide family Physical Training (PT) day with family members and friends, Aug. 2. Family PT days are battalion-sponsored, morale-boosting events that allow families to participate in Navy-wide PT evolutions. (U.S. Navy photo/Released)

bounce houses, a water slide, the playground and some snow cones to beat the heat.

Everyone enjoyed the grilled burgers and dogs,

made by the Second Class Petty Officer Association (SCPOA) of NMCB 74, all culminating in a hot, but successful day for everyone involved.

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:

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

Proclamation signing emphasizes National Suicide Prevention Awareness Month

By MC1(SW) Greg Johnson

Navy Region Southeast Public Affairs

Rear Adm. Rick Williamson, Commander, Navy Region Southeast, signed a suicide prevention awareness proclamation on board Naval Air Station Jacksonville Sept. 9.

The proclamation recognizes September as National Suicide Prevention Awareness Month and is intended to raise suicide awareness prevention throughout the Southeast Region.

"This proclamation brings to light an issue of paramount importance in our military today," Williamson said. "Each year, we lose shipmates, co-workers and family members to suicide and these losses can be prevented. It is our collective responsibility to remain alert to the warning signs and to be prepared to take action with those in our lives who might be at risk. An actively engaged force, including everyone in the Navy family, is key to the successful prevention of suicide."

The proclamation's theme highlights the importance of taking action as individ-



uals and to recognize the impact of stressors in our day-to-day lives, as well how to develop protective factors against stress and suicide.

According to Dianne Parker, Navy Region Southeast assistant suicide prevention outreach coordinator, there is no better way to have a successful program than ensuring suicide prevention information and indicators are available to all personnel.

"Suicide continues to be a major issue for all hands," she said. "Our goal is to reduce the number of these tragedies through education and awareness campaigns, and we hope this proclamation will go a long way in those efforts."

One of the latest tools the Navy is using toward

suicide prevention efforts is the NavyTHRIVE campaign, which encourages Sailors, commands, families and civilians to empower themselves by taking personal responsibility for their health, wellness and growth.

"The program is a new approach to resilience and it really emphasizes self-empowerment and growth," Parker said. "The goal is not for Sailors to merely overcome adversity, but to come back from it stronger than they were before."

In addition to those efforts, the region implemented an aggressive suicide prevention coordinator (SPC) training program in September 2011 that utilizes Defense Connect Online. So far,

it has resulted in more than 300 newly-qualified coordinators throughout the region and more than 1,700 worldwide. Fleet and Family Support Center (FFSC) educational services and work and family life specialists assist command SPCs with training in the areas of stress management, conflict management, parent education, anger management and suicide prevention. So far this fiscal year, command SPCs and FFSC personnel have conducted more than 1,200 training sessions attended by more than 43,000 people.

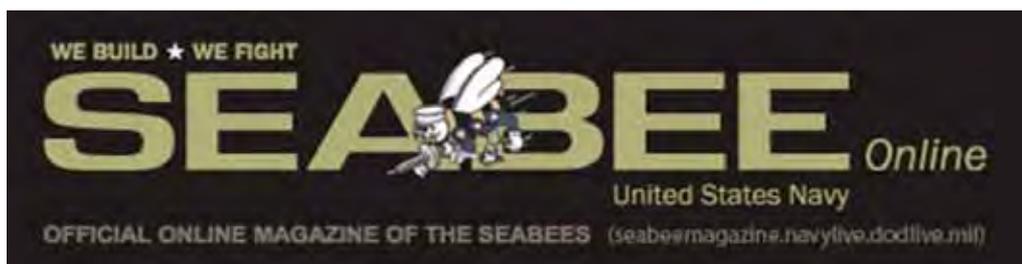
"The program has been instrumental in raising awareness and getting the message out to leaders throughout the DoD. Leaders need to make Sailors

understand that there is no shame in reaching out for help," Parker said.

Each year, hundreds of DoD personnel commit suicide and many of these cases could be prevented if friends and co-workers only knew what to look for and took action, she added.

"The bottom line is if you suspect that someone may be thinking about suicide, you need to act, care and treat," she said. "The key is to take action. The worst thing that you can possibly do is nothing."

For more information about NavyTHRIVE, visit http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/spmonth/Pages/default.aspx.



From **NMCB 11** page 7

attack happened.

Throughout the remainder of the day, Seabees could be heard telling one another where they were when they became aware of the attacks. Many were school aged children at the time.

"I was in middle school in Rochester, N.Y.," said Construction Electrician 2nd Class Kevin R. Foss. "I

walked into the classroom and the teacher had the T.V. on when I saw the second plane hit."

Steelworker 1st Class Dane C. Hendricks was at a firing range in Mississippi when a ceasefire was abruptly called. "They had all of us gather around by the bleachers and told us that terrorists had flown a plane into one of the twin towers," recalled Hendricks. "Nobody made

a peep the entire bus ride home."

Ensign Tyrrell T. Foster was in 6th grade in Kozad, Neb. "Someone asked my science teacher, Mr. Poore, what we were going to do for class. He said, 'we're going to watch the news because this is more important than anything else we could do today.'"

"I thought it was a movie when I first turned the T.V. on," said Builder 1st Class

Steven A. Leguillow, who was actually a Private First Class in the Army at the time. "I got a call from my Det. Sergeant telling me, 'pack everything green that you own because we don't know when we're coming home.'"

The fourth plane hit close to home for Lt. j.g. Robert E. Simmons. "It was hard to believe. It was like it was happening in my own backyard," said Simmons

of the plane that crashed about 20 miles from his Somerset County, Pa. home.

The Naval Construction Force is a vital component of the U.S. Maritime Strategy. They provide deployable battalions capable of providing contingency construction, disaster preparation and recovery support, humanitarian assistance, and combat operations support.

Focus on Education

Education Notes

Microsoft Office Suite Classes

Need to hone your computer skills? If yes, then you are in luck! Fleet and Family Support Center is offering Microsoft Office Suite (Word, PowerPoint and Excel) classes, Oct. 11, 4 – 6:30 p.m. Call 228-871-3000 to preregister.

CCU continues Fall registration

Coastline Community College's Fall "B" Term registration is ongoing until Oct. 3. Fall "B" Term runs from Oct. 21 - Dec. 15. For additional information, contact Dr. David Drye in the Navy College Office, building 60, at 228-871-3439 or ddrye@coastline.edu

William Carey University

Representatives of William Carey University will be in the Navy College Office (building 60, second floor), Oct. 2, 10 a.m. – 1 p.m. to answer questions and provide information on available degree programs that are offered at the University's campus in Biloxi. Available Graduate and Undergraduate degree program offerings include Business, Criminal Justice, Education, Nursing, Psychology and Art. Most degree programs can be completed in the evening hours. For more information, please contact: Mrs. Kerry Cameron, Assistant Director of Admissions at kcameron@wmcarey.edu, telephone 228-702-1815 or Mr. Bernie Cousins, Director, School of Business Programs at bcousins@wmcarey.edu, telephone 228-702-1848.

Coping with standardized testing systems when you change schools

From Military One-Source

Moving requires keeping close track of details and making decisions about everything from finding a new home to packing your belongings. But when it comes to changing schools, even the most organized parents can have a hard time figuring out a new school district's standardized testing system.

Standardized testing from state to state

The federal No Child Left Behind Act (NCLB) requires school districts to test students in reading and math every year from grades 3 through 8 and at least once in high school in English and math. Beginning in the 2007-2008 school year, states must also measure students' progress in science at least once during each of the grade spans 3-5, 6-9, and 10-12. To fulfill this requirement, every state has developed its own testing system to assess how well students are progressing through the grades. More information on the NCLB is available on the U.S. Department of Education website.

If your child will be attending public school in another state, it is important that both you and your child are aware of testing requirements in the new school district. You can get information about standardized testing from several places. The best place to start is probably the websites of your state's department of

education and your child's new school district. You can also call the school and ask to speak to someone who can answer your questions about standardized testing.

What you should know

There are three main questions you should ask officials in your child's new district:

When are standardized tests given? Get the testing schedule from your child's new school as soon as possible. Write the test dates on a calendar so that you and your child will not forget them.

What skills does the test cover?

It is important to learn what skills children at your child's grade level are expected to know in your new school district. It is possible that the school you are coming from has a different curriculum, and your child may not have learned some skills that will be tested in the new district.

You can talk about this with the school principal, a guidance counselor, or, if your child has already been assigned to a class, the teacher. Talk about whether it is necessary for your child to play "catch up" at all or if he or she should be working on any particular area outside of school or with the help of a tutor or study group.

It is also important to know what your new school district expects children to know at every grade level. Most school districts have websites

with detailed information about what's taught in each grade and what students are expected to know.

Talk to your child about what you find out. Moving can be very stressful for children, especially when they have to enter a new school. The idea of having to take a standardized test may add to that stress. Your child will feel calmer about taking the tests if he or she knows what to expect.

How are test results used and reported?

Standardized tests are used to measure student progress, to identify weaknesses in the curriculum, and to compare schools. In some states, standardized tests determine which students will graduate or advance to the next grade level. It's important to find out exactly how your child's school will use test scores so that you can understand how they might affect your child's education. NCLB requires states to issue "School District Report Cards," which provide information on how each school is performing. You can look up the report card for your child's school on your state's department of education website and, in many cases, on your district's website.

More tips for coping with standardized tests
In addition to asking questions about what is on the tests, when they are given, and how the scores are used, there are some other things you can do

to make the transition to a new school and testing system easier, including the following:

If your child has any special needs, be sure to ask about testing accommodations. All states' testing systems allow for accommodations for children with special needs, such as extended time or taking the test in a quiet room. These accommodations are selected by your child's Individualized Education Plan (IEP) team from a list of approved accommodations.

Try not to worry about your child's ability to perform on a test in a new school system before you know all the details about the test. Find out about the testing system and how the scores will affect your child before you worry about getting a tutor or helping your child prepare for a test.

Tell your child that all you expect is his or her best effort. Do not overly emphasize test scores or test results. Assure your child that good study habits throughout the school year, along with practice sessions with the teacher, will help him or her be ready for the testing.

As you're preparing for the move, try to remember to talk to your child about everything you learn about the new school system. It is important that you help your child feel comfortable and confident with the expectations and activities in the new school, including the group testing.

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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

My hips don't swing that way, but my stomach does

Out of sheer boredom and motivation to reduce my ever-expanding waistline, I somehow found myself trying a Zumba class at the base gym this week. An old veteran of the now out-of-style step aerobics craze, I figured, "How hard could it be?"

Gyms across the nation are now offering Zumba classes, which incorporate salsa, meringue, hip-hop, African beats, samba, reggaeton, cumbia, Bollywood and belly dance moves into group fitness routines.

I had seen a Zumba DVD infomercial once, with spandexed men and women writhing and jumping to Latin, Caribbean and tribal beats, claiming that you could "party yourself into shape." It made exercise look more like a wild night out in Tijuana than a workout, so I was intrigued.

After placing my keys and water bottle in the corner of the exercise room, I tried to find a spot where I could remain anonymous. I was relieved to find that our instructor looked like a middle-aged mom just like me, and did not have a figure that screamed, "I am about to kill you."

She put on some catchy Latin music, and next thing you know I was kick-ball-changing, single-single-doubling, and body rolling my way around the room as if I had been doing it all my life.

But after 30 minutes, the mild-mannered instructor bid us all adieu and told us that our "warm up" was finished. The real Zumba class was about to begin, and the real instructor would arrive momentarily. What?!

I had only a moment to wipe the sweat from my



brow and slurp some water, when I walked a woman with Beyonce's muscular thighs, Pamela Anderson's generous bust, and Charro's rolling "R."

Suddenly, driving African beats blared from the sound system and, using only crazed facial expressions and minimal hand motions, Charro ordered us to rhythmically gyrate and flail our arms while in a semi-squat position.

A few minutes later we had moved on to reggaeton, whatever that is, and were ordered to stick out our rear ends and rotate our hips in complete circles from right to left while pumping our hands out in front of us. I was able to rotate my hips counter-clockwise, but when she asked us to go the opposite direction, I was unable to maintain the fluid roll of my hips, jerking awkwardly from side to side.

I thought this might be due to the magnetism of the Earth's polls – and like toilet bowl water, I can swirl one way in the Northern Hemisphere, but would have to travel south of the equator to be able to rotate my hips in the other direction.

Halfway through the class I was soaked with sweat, and we hadn't even gotten to salsa and meringue.

Despite the fact that everyone around me seemed to have the basic salsa

steps down pat, I was so confused I just marched in place. And meringue, for me, was more of a lesson in how to sprain one's ankle. I prayed that it would all be over soon.

Somewhere between the Brazilian samba and the Colombian cumbia, Charro started jumping three feet into the air. Like lemmings, we followed. Finally happy to have a dance move I could understand, I leapt like a gazelle. But then I remembered – I am 47 years old and have given birth to three large babies.

My innards are not where they used to be.

Thankfully, the jumping routine ended before my uterus broke loose, and we moved onto our final dance – Bollywood. At first, it seemed that Charro was merely putting us through a cruel endurance test when she demanded that we get into a deep plie squat while holding our arms out in a sort of King Tut position. Just as my quads were about to snap, she began to twist and turn her torso back and forth, rising like a cobra from a basket.

I left the class feeling exhausted, sweaty, and humiliated. I realized that my northern European genes made it nearly impossible for me to perform the sexy writhing movements of Zumba.

But interestingly, my stomach had performed its own wiggling dance all by itself, and at least I could be proud that it had kept perfect time to the beat.

Get more wit and observations from Lisa at her blog, <http://www.themeatandpotatoesoffire.com>

Health Watch

TRICARE Service Center to Keesler Medical Center

By Maj. Paul Jones
81st Medical Support Squadron

The TRICARE Service Center, currently located on DeBuys Road in Biloxi, moves to Room 1A222 in Keesler Medical Center Sept. 16.

TRICARE is a partnership contract between the Department of Defense and a civilian managed care contractor (Humana Military Healthcare Services), with services provided by both military doctors and participating contract doctors and facilities.

TRICARE is designed to enhance access, preserve

quality, and reduce costs for patients and the government.

All TRICARE-eligible beneficiaries who want to be seen at Keesler Medical Center must register in Keesler CHCS, the hospital computer system. All active-duty members assigned to Keesler can enroll in TRICARE Prime at Keesler. Patient registration and enrollment for active-duty members and their families also is located in Room 1A222 in the medical center.

The service center assists with enrollment issues for all other beneficiaries, including retirees.

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 and check out the new and improved website at: http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_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; 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.

Squat Challenge!

WOD Challenge

CBC Fitness Center
October 2nd 2013, 1800

Sign-ups start Sept 16th-Oct 2nd 2013



RULES

1. One warm up set
2. Three lifts
3. Must break 90 degrees and come back up and lock out, rack it without anyone's help.
4. Wrist wraps, squat suits and chalk permitted

Weight classes for men:
150-under, 151-175, 176-200,
201-225, and 226-over

Weight classes for women:
100-120, 120-140, 140-160,
and 160-over

 ALL PARTICIPANTS get a workout towel and 1st place winners get a drawstring workout bag! 

For more information please contact Michael McLaughlin at 822-5108.

Save the Date!



Oct. 25 is Fright Night at Seabee Lake! The festivities are from 6:30

- 8:30 p.m. and include a haunted maze, fear factor stations, a hay-ride, trick or treating stations, a children's costume contest and much more! If you can handle a scare, we'll see you there!

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

INTRAMURAL FLAG FOOTBALL STANDINGS AS OF SEPT 10TH



TEAM	WON	LOST	TIE
NMCB74 (That Squad)	4	0	
NCG2 (Young Guns)	3	0	
NMCB133 (2 Turnt Up)	4	1	
NMCB133 (HQ)	3	1	
4th MLG (Show Me Your TD's)	3	2	
NMCB1 (The Shipmates)	3	2	
NMCB1 (Slapnut Magoos)	2	2	
NMCB133(The Cobras)	1	4	
Air Force	0	4	1
NMCB74 (UXO)	0	4	1
NMCB74 (Team Morey)	0	3	

Free Movies at the Training Hall!

Check out what's playing this weekend

Friday: White House Down, PG13, 6 p.m.
Saturday: Epic, PG, Noon; **After Earth**, PG13, 2:30 p.m.; **Fast and Furious 6**, PG13, 5 p.m.
Sunday: This is the End, R, 6 p.m.

NCBC Helping Hands Volunteer Opportunities

WORLD WAR II SEABEE . . . Four volunteers are needed to cut and load firewood for a World War II Seabee. If you have a large capacity chain saw, your help would be very much appreciated. To volunteer, please call Shirley at 228-875-4700, 7 a.m. - 4 p.m. or Kim at 228-871-2586, 8:30 a.m. - 5 p.m. or email kim.costelli@navy.mil.

HORTICULTURE FOR HUMANITY - The Mississippi Renaissance Garden - Volunteers are needed to help establish the Hiller Park Renaissance Garden in Biloxi, Sept. 21 and 28 from 8 a.m. - 1 p.m. Assistance needed in garden activities, completing drip irrigation system, construction of greenhouse, mulching and planting. Directions from Gulfport: Take Pass Road to Biloxi, turn left on Hiller Drive across from Classy Chassis' Car Wash. Continue on Hiller Drive left through housing into Hiller Park gate. Continue past three-way stop sign at Atkinson Road (west VA entrance). Garden is on the left past the volley ball courts. To RSVP, please contact: Martha Boyce, 228-388-2622 or email: MBoyceH4Hgardens@aol.com

BILOXI YACHT CLUB - Volunteers are needed to help with set up and take down at the Maritime Museum Drawdown at the Biloxi Yacht Club, Sept. 21, from 5 - 8 p.m. or 10-11:30 p.m. If you can assist, please call Megan Seymour, 228-435-6320 or seacamp@maritimemuseum.org. MS Gulf Coast 2013 Homeless Veterans Stand Down

VETERANS STAND DOWN - Donations are now being accepted for the Homeless Veterans Stand down Oct. 10, 9 a.m. - 1 p.m. on the grounds of the VA Gulf Coast Health Care System in Biloxi. Most needed items include: Bus passes with CTA, backpacks/duffle bags, old uniforms (without name tags or ranks), phone cards, gift cards (Wal-Mart, Target), dog food for pets, reading glasses, flashlights with batteries, restaurant coupons, female hygiene products, toiletries, bug spray, sleeping bags, blankets, canned goods (pop top cans), utensils, MRE's, candles (large candles inside coffee cans), Band Aids/antibacterial gel, small sewing kits, small packs of tissue, note pads and pens, used paperback books, plastic rain ponchos, garbage bags, sunscreen. Please bring donations to Seabee Memorial Chapel. **Approximately 50 volunteers** are also needed for the Veterans Stand down. Point of contact is Chaplain Choi, 228-871-2454 or Chief Weaver, 228-871-2959.

CRUISIN' THE COAST VOLUNTEERS - Cruisin' The Coast is in need of volunteers to help out with traffic, parking and general hospitality at Cruise Central (Former VA property in Gulfport), Oct. 7-13, and in Pass Christian, Oct. 10-12. Sign up in Public Affairs in building 1 room 205.

BILOXI VA HOSPITAL CRUSIN' EVENT - The Biloxi VA is looking for volunteers to help wheel chair patients view the vehicles at a Crusin' the Coast event Oct. 8 at 9:30 a.m. Volunteers will meet veterans at the Biloxi Boardwalk Marina located at 200 E. 8th Street in Biloxi, just north of Margaritaville Casino. Point of contact for more information is Susan Smith 228-871-3640 or 228-424-2947.

SENIOR CITIZEN'S PROM - Volunteers are needed for the Hancock County Senior Citizen's Prom at the Bay St. Louis Community Hall on Depot Row Oct. 18, 1 to 5 p.m. Volunteers will be escorts, servers, dance partners, etc. for this special event. Call June at 228-218-0104 for more information. It will be a fun-filled event with food, entertainment, and dancing for the senior citizens of Hancock County.

GULFPORT BOO BASH - The city of Gulfport is holding their "Boo Bash" Halloween event Oct. 19 from 6 to 9 p.m. at Jones Park, and is requesting volunteers to build/create a haunted trail along one of the small sidewalk circles in conjunction with the event under the pavilion. If you would like to volunteer, please contact Brittany Dyess at: 228-868-5881.

HALLOWEEN FAMILY NIGHT - Biloxi (Oct. 25, 6 - 7 :30 p.m.), Woolmarket (Oct. 26, 6 - 7:30 p.m.) and D'Iberville (Oct. 29, 6:30 - 7:30 p.m.), libraries need volunteers for their respective Halloween Family Night activities. Kid-friendly teens and adults are needed to help with arts and crafts, games and a Halloween costume contest. If you are interested in helping at the Biloxi Library, call Liz, 228-436-3095; Woolmarket Library, call Donna, 228-234-9464; D'Iberville Library, Missy, 228-392-2279.

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.

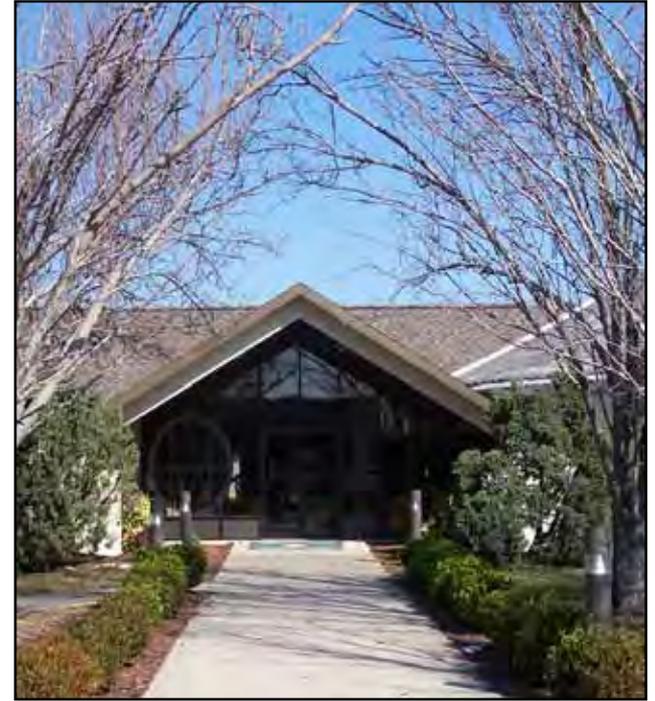
USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. If you have any questions please contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org.

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

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 out.

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, call Mag Holland, 228-896-0412.

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

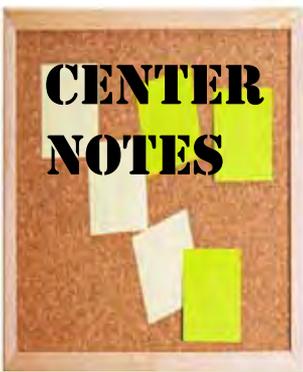
The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items

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.



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

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@yahoo.com. We hope to see YOU soon!

Navy Wives Clubs of

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

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours

of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. 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

saundersmt@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 the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 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. Meet-

ings 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.

USO SURVEY

The TellUSO "Sound Off Survey" is here and we need your help! The more people who participate and provide their feedback, the better. The survey will run now until Oct. 1 and is available by visiting www.TellUSO.org. The survey takes approximately 15 minutes to complete. Participants who complete the survey have the opportunity to enter in a drawing to receive a \$500 Visa gift card. We need your help in spreading the word about this survey. Pass it on!

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!

