

SEABEE COURIER

www.cnic.navy.mil/gulfport

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August 21, 2014

Know the rules ... NCBC Gulfport weapons policy

From NCBC Public Affairs

Recently, there have been several incidents of personnel attempting to bring unauthorized weapons on board the Naval Construction Battalion Center Gulfport. Some have allegedly been honest mistakes; however, most were blatant violations of the base policy. Any vehicle entering the installation is subject to search, please adhere to the following when it comes to weapons registration.

Navy regulations require that all privately owned weapons brought on board a U.S. Navy installation must be registered with Base Security and approved by the Installation Commanding Officer BEFORE bringing a weapon on board the installation. For personnel who request Temporary Storage, the person MUST declare the

weapon once they arrive at the Installation Access Control Point. Personnel residing in government family quarters may keep their weapons at their quarters, after approval of the Installation Commanding Officer. Persons residing in the barracks are required to store their weapons with the Installation Security Department. All weapon owners desiring to bring a privately owned weapon on board the installation must complete DD Form 2760, relating to the Lautenberg Act, as well as a weapons registration form, which must be approved by Installation Security Forces. Persons found bringing unauthorized weapons on board the installation will be subject to criminal and administrative penalties, to include the temporary loss of Installation Driving Privileges. For more information, call 228-871-3485.

Going with the flow



Damon Westfaul, a fireman with the Naval Construction Battalion Center Gulfport Fire Department, operates the 105 foot platform aerial on board NCBC, Aug. 19. The Fire Department tested their capability to utilize a pumper truck connected to the 105 foot platform aerial. This configuration would allow constant water flow in the case of a large high rise or warehouse fire, and is capable of spraying more than 1,000 gallons per minute. (U.S. Navy photo by Rob Mims/Released)

See NCBC Facebook for additional training photos



Naval Branch Health Clinic Gulfport Change of Charge

Naval Branch Health Clinic (NBHC) Gulfport will hold a change of charge ceremony Aug. 22, at 10 a.m., in the Training Hall, building

446. Lt. Cmdr. Joseph A. Mastrangelo, officer in charge of NBHC, will be relieved by Cmdr. Brennan S. Autry.

Victim Legal Counsel program established on board NCBC

By **BUCA Elizabeth Mills**
NCBC Public Affairs



Naval Construction Battalion Center (NCBC), Gulfport has implemented a local Victim Legal Counsel (VLC) program to promote and protect the legal rights and interests of sexual assault victims. The VLC program is an independent, world-wide organization that assigns military attorneys to represent and provide legal services to sexual assault victims.

According to Lt. Cmdr. Davin Rieke, NCBC Gulfport's VLC advocate, the program offers a military attorney to represent and assist victims of sexual assault. The VLC provides no-cost legal advice, assistance and advocacy for victims as desired by the victim, and does so by forming an attorney-client relationship with the victim.

"This attorney-client re-

lationship ensures that all communications with the VLC will remain confidential," said Rieke. "The VLC has an independent chain of command, and is separate and apart from all the other parties involved in military justice.

The Navy VLC program offers military sexual assault victims a dedicated attorney to help them understand the investigation and military justice process, guard their legal rights and interests, and obtain further support in accessing resources that may assist in their recovery.

According to the U.S. Navy Judge Advocate General's Corps website, the Victim Legal Counsel adds to the care and support victims already receive through Sexual Assault Response Coordinators and Victim Advocates by providing legal counsel and advice on sexual assault reporting options, as well as legal support during the investigation and disciplinary processing of those reports.

Navy sexual assault victims will have an opportunity to discuss their concerns with someone who represents only their interests, so they are prepared to participate more comfortably and effectively in the investigation and processing of their cases.

For more information or to make an appointment to speak to a VLC advocate, contact Lt. Cmdr. Davin Rieke at 228-871-2909 or davin.rieke@navy.mil.

If you or someone you know is being abused, we want to help:



228-669-1774

24/7 Confidential Access to the Domestic Violence Victim Advocate



Keep What You've Earned



Alcoholism is not defined by what you drink, when you drink it, or even how much you drink. It's the effects of your drinking that define a problem. It's probably a good idea to check in with yourself every now and then and make sure your drinking habits aren't effecting your work or your loved ones.

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Fraud, Waste and Abuse Hotline - Due to limited IG resources throughout the Southeast Region, 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

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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.

Feds Feed Families

Your participation makes a difference!

NCBC food donations as of Aug. 21:
4,731 pounds!

NCBC donation drop off locations:
NEX, Chapel, Commissary, Housing Fleet and Family Support Center, All Quarterdecks, Medical/Dental, Liberty Center

FFF campaign runs through August

Points of contact:
Lt. Cmdr. Roy: 720-466-9746 or charles.roy@navy.mil and BU3 Falls: 228-871-2454 or erin.falls@navy.mil



Personnel attached to Naval Construction Group (NCG) 2 on board Naval Construction Battalion Center Gulfport, play football during a "Command Sports Day" Aug. 15. Departments compete against each other in an elimination-style series of sporting events including soccer, football and softball, with one department eventually named as overall champion. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Tim Rushlow, former lead singer of country music group Little Texas, visits Naval Construction Battalion Center Gulfport's Liberty Center, Aug. 13, for an up-close-and-personal show. Rushlow played a few requested acoustic songs for Amber Cryer and daughters, McKenzie, and Kara, who also received autographs. (U.S. Navy photo by Builder Petty Officer 3rd Class Amanda Hollister/Released)



Naval Construction Battalion Center Gulfport's (NCBC) Aquatic Aerobics Instructor Alicia Olsen, right, teaches a running-in-place exercise to military spouse Helen Newman during a water aerobics class, Aug. 14 at the NCBC Fitness Center pool. Olsen's hour-long class is held Tuesdays and Thursdays at 9 a.m. The class is free and open to anyone with base access. Battalions or other units on board NCBC can request a water aerobics class for their morning physical training session by contacting the aquatics department at the NCBC Fitness Center at 228-822-5103. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

**The 411
on dialing 911
on board
NCBC**



Have an emergency? You may now dial 911 using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.



NCBC's Recycling Program has positive impact on environment as well as base quality of life

By BU3(SCW) Amanda Hollister
NCBC Public Affairs

Reutilization of waste products on board naval installations is not a new idea; Naval Construction Battalion Center (NCBC) Gulfport's Qualified Recycling Program (QRP) gains hundreds of thousands of dollars in profit every year by recycling materials from base facilities, and from Stennis Space Center (SSC).

Around NCBC, labeled recycling containers can be found for cardboard and metals. Facilities have their own paper and plastic recycling bins which are collected every Thursday morning by QRP personnel.

Items such as aluminum cans, plastic, cell phones, light bulbs, ink cartridges and batteries can be taken to the recycling center in building 295 on McKinney Avenue, between 6:30 a.m. and 2:30 p.m., Monday through Friday.

According to NCBC QRP Manager Jerry Davis, a retired environmental officer, income from QRP runs the entire program, pays the salaries of all staff and funds a variety of base improvements and Morale Welfare and Recreation (MWR) events.

"After expenses, the remainder first has to be used for energy, environmental and safety pro-



Blocks of crushed aluminum cans at the Qualified Recycling Program (QRP) center on board Naval Construction Battalion Center Gulfport, will be sent to metal vendors to be reused. Each block weighs about 30 pounds, and QRP receives 50-60 cents per pound. (U. S. Navy photo by Builder Construction Apprentice Elizabeth Mills/Released)

grams, and then up to 50 percent can be used for MWR."

Seabee Day, a yearly, large-scale family event on board NCBC, is typically heavily funded by QRP profits.

Davis said the program has also funded industrial-sized ceiling fans for NCBC's Fitness Center, planting of trees at Seabee Lake, and grass around new sidewalks. Also, as a free service, anyone on base can go pick up free boxes for moving or storage.

QRP's facility has the ability to take in spent brass from ranges located in Woolmarket and SSC, after it has been certified inert. Spent brass brings

in approximately \$1.50 per pound. Aluminum cans are put through a machine that crushes them into 30 pound blocks consisting of 800-1000 cans per block. Metal vendors will pay about 50-60 cents per pound for aluminum.

To simplify paper recycling, all paper is accepted because sorting is too labor intensive and may discourage people from utilizing the program. Similarly, all types of cardboard are also accepted.

"You can recycle a piece of paper up to seven times before its ability to bind is compromised," Davis said.

He and his team at QRP are constantly examining ways to reuse commodities as well. Recently, two



The Qualified Recycling Program onboard Naval Construction Battalion Center Gulfport uses equipment to crush aluminum cans into blocks. Each block consists of 800-1000 cans. Magnets remove any ferrous metals before compaction, so aluminum can be infinitely reused. (U. S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

miles of railroad steel were salvaged. They are currently searching for a vendor to take used lumber, and in the future may find a way to take in textiles that can be used in manufacturing insulation and other aftermarket products.

Recycling onboard NCBC brings a large amount of revenue and funds improvements base-wide. The QRP staff highly

encourages facilities to participate in the recycling program to help generate even more profit.

Everyone benefits from recycling materials, and the projected 1,000 tons of recycled material this year from NCBC means landfills have 1,000 tons less refuse, therefore reducing the Navy's environmental impact on the area.

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.



Don't Be a Target!

Prevent personal and governmental theft! Secure vehicle, personal compartments, work spaces, compounds and buildings. Visible valuables invite thieves.



For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindleymcgerr@navy.mil. Check out the new and improved website at: http://www.cnic.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

NCBC kicks off intramural sports season

By UTCN Alicia K. Fluty
NCBC Public Affairs

The Naval Construction Battalion Center (NCBC), Gulfport's intramural basketball league kicked off its season at the Fitness Center, Aug. 12. Intramural sports are open to all hands and offer a variety of team and individual sports. These activities are set up in the form of a short season or a tournament style format where one team will be crowned intramural champion for that sport.

Programs offered include softball, basketball, flag football and pickle ball. Units and commands receive points throughout the year as part of the Captain's Cup competition. The Captain's Cup is presented annually to the winning team.

NCBC's intramural sports program is hosted by Morale, Welfare and Recreation and offers a variety of sports leagues, tournaments, classes and special events throughout the year for active duty service

members and their families. It is designed so a group of friends, commands, or departments can come together and form teams that will play each other in the variety of organized sports or activities.

"Competition exists within the teams, but the real focus of it is to positively affect participants physically, socially, and mentally," said Michael McLaughlin, NCBC Fitness Coordinator.

There is no fee to participate. Teams must consist of at least 75 percent active duty members. Depending on the sport, the length of the season typically runs from one to three months. Only one sport is played at a time and as soon it's over the next sport begins.

McLaughlin said that the length of the season for each sport depends on how many teams participate in each sport.

Basketball tournament games are held Tuesdays and Thursdays from 6 - 7 p.m. at the Fitness Center.

The flag football season will start in October and



With 2.7 seconds left on the clock a player from the Dream Team (in red) goes up to block the shot of a player from team Doom at the Fitness Center on board Naval Construction Battalion Center (NMCB) Gulfport, Aug. 19. Team Doom won the game 38-37. Intramural basketball games are held at the Fitness Center every Tuesday and Thursday at 6 p.m. and 7 p.m. (U.S. Navy photo by Lonnie Fluty/Released)

McLaughlin encourages participants to start getting their teams ready. For more information on

upcoming sporting events or activities please e-mail Michael McLaughlin at michael.e.mclaughli1@navy.

mil or Samuel Perkins at samuel.perkins2@navy.mil or call the Fitness Center at 228-871-2668.

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Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

"What is it like working on a Navy base?"



"Good working environment, but the hours around the base could be changed, and offer more things to do."

BU3(SCW) Timothy Johnson
Duty Station: NMCB 133
Hometown: Miama, Fla.



"Depending on how you look at it, people say it's bad, but I say it's great! Everything is in walking distance."

LSSN Ian Wilson
Duty Station: NCBC Gpt
Hometown: Cheyenne, Wyo.



"You get to meet so many different people; it's very enlightening."

Taylor Harrison
Duty Station: Life Guard at Fitness Center Aquatics
Hometown: Gulfport, Miss.

Energy Savings Tip:

Wait for the storm to pass! Don't fertilize before a rain storm. Your fertilizer - along with your money - can just wash off the lawn and down the storm drain. Fertilizer runoff can pollute rivers, lakes and bays, and cause problems in recreational areas or fishing grounds. Check the weather forecast you head out, and wait for the storm to pass.



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7 pm-7:30 am
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Only 10 Slots available! Sign Up Fast!

Seabee Courier

NMCB 133 takes charge of Camp Covington

By Shaina Santos
Joint Region Marianas
Public Affairs

Naval Mobile Construction Battalion (NMCB) 1 turned over duties to NMCB 133 during a change of charge ceremony at Camp Covington on U.S. Naval Base Guam, Aug. 15.

Capt. James Meyer, commodore of 30th Naval Construction Regiment, served as the keynote speaker during the ceremony and commended NMCB 1 for an outstanding deployment.

"Without a doubt, your work here on Guam and your support of the Pacific region have been critical in supporting our nation's strategic interests," said Meyer. "Your work has built upon our rich Seabee legacy and you should all reflect on that and be proud of what you have accomplished."

Lt. Travis Brinkman, officer in charge of NMCB 1,

said he is incredibly proud of the accomplishments they made during their deployment to Guam.

"We started off with a team of 60 that came to maintain and own a camp that was built for 600 personnel, a very challenging task," said Brinkman. "Even mid-deployment, when we received a supplemental force, it still really gave us the opportunity to just start digging in. [It] really makes us ready to support in the defense of the region and take care of the big Navy's mission abroad. [I'm] going home very proud."

Brinkman said he was appreciative of the invaluable training his team received during their deployment to Guam that improved upon their mission readiness.

"Deploying here to Camp Covington is a tremendous asset to us," he said. "We spend homeport honing our skills, learning new ones and advancing our training, but it's not until

you come forward and deploy to locations such as this that we have the opportunity to execute the lessons we've learned. Through coming here, executing the mission, getting our hands on the equipment and getting familiar with it, honing our construction skills and really executing solid tasking and good work both for Naval Base Guam as well as PACOM (Pacific Command) in general really sets us up for success when the bell calls and we have to move forward in support of other operations."

Lt. Cmdr. Luke Cowley, officer in charge of NMCB 133, said his team is looking forward to working on numerous projects and improving upon their skills while on island.

"Me and NMCB 133 are very excited to be here and grateful for the opportunity to serve here on Guam and to continue the legacy the Seabees have here," said Cowley.



Members of Naval Mobile Construction Battalion (NMCB) 133 raise their flag during a change of charge ceremony at Camp Covington on U.S. Naval Base Guam, Aug. 15. (U.S. Navy photo by Shaina Marie Santos/Released)

Senior Enlisted Continuation Board to convene in October

From Navy Personnel Command Public Affairs

Millington, Tenn.

The fiscal year 2015 (FY-15) performance-based Senior Enlisted Continuation board (SECB) will convene Oct. 27 according to a Navy message released Aug. 14.

"The SECB is a performance based board intended to ensure our mess meets and maintains our high standards of ethics and professional conduct," said Manpower, Personnel, Training and Education Fleet Master Chief (AW/SW) April D. Beldo. "Using the criteria laid out in the precepts, the board will review an individual's record and decide to either 'select' or 'not-select' for continuation. Quite simply this is about quality. There are no preset numbers, but for every person not selected for continuation, there is a vacancy created in which we can promote a new chief into next year."

The performance indicators are detailed in the board precept and on the NPC continuation page at www.npc.navy.mil/boards/enlistedcontinuation.

As outlined in NAVADMIN 180/14, active component (AC) and Full Time Support (FTS) E-7 to E-9 Sailors with at least 19 years of

active service computed from their active duty service date as of Feb. 28, 2014 and three-years' time-in-rate (TIR) as of June 30, 2014; and selected Reserve (SELRES) and Voluntary Training Unit (VTU) E-7 to E-9 Sailors with at least 20 years qualifying service as of Feb. 28, 2014, and three-years TIR by June 30, 2014, will be considered by the board.

The Naval Education and Training Professional Development and Technology Center will publish the names of board-eligible Sailors Aug. 29. The names will be posted to the Navy Enlisted Advancement System website at <https://neamos.cnet.navy.mil>, and individuals can view their board eligibility profile sheet on Navy Knowledge Online (<https://wwwa.nko.navy.mil>).

Commands will be able to review their FY-15 SECB listing for accuracy. If an eligible candidate is not listed, commands must contact NPC to make the required adjustment. Sept. 22 is the last day for commands to resolve eligibility issues.

Letters to the board must be received by Oct. 6. See NAVADMIN 180/14 for submission procedures and mailing addresses.

Board results will be posted on BUPERS On-Line for command access only, and commanding officers will be notified via a Personal For



U.S. Navy file photo

NAVADMIN when this occurs.

AC/FTS Sailors who are not selected for continuation must transfer to the Fleet Reserve or retire by Aug. 31, 2015, unless operationally waived by the Deputy Chief of Naval Personnel. SELRES/VTU Sailors must transfer by Sept. 1, 2015. Sailors with an approved operational waiver must transfer by Nov. 30.

For more information, read the message at the NPC website at www.npc.navy.mil, visit the NPC enlisted continuation page at www.npc.navy.mil/boards/enlistedcontinuation or call the NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672).

Ribbon Cutting Ceremony Held for Wounded Warrior's Sanctuary Hall

By Regina Adams

Naval Facilities Engineering Command Washington Public Affairs

A ribbon cutting ceremony was held for the Transient Wounded Warrior Lodge and Parking Structure at the Walter Reed National Military Medical Center in Bethesda, Maryland, Aug. 18.

Transient Wounded Warrior Lodge, known as Sanctuary Hall, was built to house wounded warriors while they receive long term medical care.

"We are so pleased to be cutting the ribbon on what will be our nation's newest facility to accommodate such a precious resource, our Wounded Warriors," said Capt. Tony Edmonds, commanding officer for Naval Facilities Engineering Command Washington. "God bless everyone who ever resides in this facility."

The Transient Wounded Warrior Lodge is a 135,000 square foot, multi-story building that consists of 200 rooms and common areas. There are administrative offices, an entertainment area, a cafe and lounge, house-keeping areas, and public restrooms. The facility is fully accessible for the physically disabled.

The five-level, 161,000 square foot parking garage has space for 470 vehicles and is located adjacent to the lodge.

Unique to this facility is the green roof of Wing C, which provides a place for Wounded Warriors to enjoy outdoor televisions, pool tables, foosball table and a putting green.

The facility was designed specifically to encourage interaction among the wounded warriors around the lodge and installation.

"It was absolutely a privilege and honor for us to be entrusted with the planning, design, and construction of this facility for wounded warriors and their families," said Edmonds.

The \$62 million contract was awarded as a joint venture contract to DCK and Tetra Tech Torso September, 2011.

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq

CBMU 202 takes part in Southern Partnership Station 2014



Utilitiesman Constructionman Michael Gillis, assigned to Construction Battalion Maintenance Unit (CBMU) 202, performs renovations on the city library during Southern Partnership Station (SPS) 2014. U.S. Naval Forces Southern Command and U.S. 4th Fleet employ maritime forces in cooperative maritime security operations to maintain access, enhance interoperability, and build enduring partnerships that foster regional security in the U.S. Southern Command area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Andrew Schneider/Released)

August 21, 2014

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Seabee Courier

Focus on Education

Keesler gives back to community through 'Operation Backpack'

By Steve Pivnick
81st Medical Group Public Affairs

Members of the 81st Medical Support Squadron answered the call as they supported the unit's "Operation Backpack Challenge" to provide school supplies to children at a local elementary school.

Under the leadership of Staff Sgt. Ashley Iovieno, NCO-in-charge of the Clinical Research Laboratory, squadron personnel and family members united to provide 100 backpacks full of supplies to Jeff Davis Elementary School students. The school is in Biloxi, adjacent to Keesler Air Force Base's Bayridge housing area.

"I'm a member of the school's Parent-Teacher Organization which needed 100 backpacks for underprivileged children who would come to school with no school supplies," Iovieno said. "There are more than 700 children at Jeff Davis Elementary. Many are military and others are from lower-income areas of Biloxi."

Items sought for the backpacks ranged from crayons, glue sticks and pencils to composition books, paper binders, tissues and baby wipes.

"(The squadron commander's wife) is also the vice president of the PTO and thought it would be a great project for someone in our squadron to take on, so I decided to take the lead on it. We did a breakfast burrito fund-



Representatives from Keesler's 81st Medical Support Squadron join Jeff Davis Elementary School principal Dr. Melanie Nelson, fourth from right, and PTO president Debra Hache, third from right, in front of the facility with the 100 backpacks full of supplies donated to the school's students Aug. 7. They are, from left: squadron commander Lt. Col. Ronald Merchant's wife (who also serves as PTO vice president), Senior Airman Mandy Polen, Tech. Sgt. Soledad Stevenson, Master Sgt. Michelle Weaver, Staff Sgt. Ashley Iovieno, Senior Master Sgt. Margaret Cooper and Colonel Merchant. (U.S. Air Force photo by Steve Pivnick/Released)

raiser and raised over \$700 which paid for the 100 backpacks. We then asked for volunteers to 'adopt a kid' for back to school. It turned out to be very successful! Many people throughout the medical group - most from the 81st MDSS - signed up."

She continued, "We filled 16-17 backpacks for each grade, kindergarten through fifth grade, a total of 100 total backpacks. I was motivated to take on this project because I have a child attending Jeff Davis Elementary. I know she is friends with many children who are not as privileged as she is.

Squadron representatives delivered the donated

school supplies to Jeff Davis principal Dr. Melanie Nelson and PTO president Debra Hache Aug. 7, the opening day of school. The ecstatic Nelson thanked the Keesler members stating, "What you've done is huge. Parents need to know to start the school year off fresh and new. Having the proper supplies sets the tone for the year. Your actions have provided a great opportunity for a fabulous year for our children!"

In addition to the supplies provided the students, the MDSS personnel and other contributors were able to present several boxes of school supplies specifically for teachers' use.



Co-Sponsored by: Mississippi Small Business Development Center, Keesler Airmen and Family Readiness Center, The NCBC Fleet and Family Support Center and The Innovation Center



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Registration Contact information

Keesler AFB (228) 376-8514
Lisa Lyons or Steve McDaniel

NCBC (228) 871-3000
Judy Bradshaw

U.S. Small Business Administration



Funded in part through a cooperative agreement with the U.S. Small Business Administration.



Countdown to School Success

Now that school is back in session, parents can visit <http://www.ed.gov> and download a copy of Countdown to School Success - a month-by-month guide from the Department of Education, filled with the advice, tools, and online resources parents can use to help children have a school year packed with fun and learning.

Critical Events Resiliency Training Skills

Acquire the tool to handle difficult life events

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Thursdays, 11 a.m. - Noon

Pre-registration is required.
Call 228-871-3000 to sign up



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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Driver's Ed Club

Mom?! Where r u?!" my daughter texted at the end of her first Driver's Ed class. I pulled up to the community college parking lot ten minutes late thanks to a long line at the commissary, only to find Anna standing there with three other teens, looking mortified.

"O-M-G Mom! What took you so long?!" she said, hurriedly hopping into our old minivan. "Never-mind that, so how was Driver's Ed?" I asked.

"Re-Donk! I'm going to die if I have to sit in that class all week . . . it is SO boring. The instructor is like a million years old and all he talked about was how to hold a steering wheel. Eight hours of hand and over hand? Like, seriously?"

"Well, I'm sure the material will get more complex as the week progresses, and besides, the other kids in the class looked nice," I offered in a feeble attempt to retrieve Anna from her free-fall into an abyss of negativity.

"NO, Mom. Most of the boys wear those flat-billed hats way up on the top of their heads, and other than one dweeby kid, the rest of the boys just look dumb. One girl is my age and has a baby. Another girl keeps saying she's going to 'cut' someone, and the rest are kind of awkward."

Now, I was worried. But this was the last summer session of Driver's Ed before the start of the school year, so Anna had no choice but to go.

In the days that followed, Anna became



more entrenched in the micro-society that was developing out of her Driver's Ed class. The forces of small group dynamics combined with the psychological effects of confinement, created an ironic camaraderie among the classmates. Having identified the teacher as their common enemy, the teen captives formed an underground alliance, hell bent on graduating and getting the heck outta there.

At 4 o'clock every day, while I waited for Anna to be released from class, I would see the Driver's Ed teacher, with a permanent smirk on his face, saunter out of the building toward his nondescript gold sedan. He wore drab Hawaiian-style shirt with khakis, and had a wispy comb-over that was an unnatural shade of Grecian Formula black.

Clearly, he saw himself as a sort of celebrity amongst the Driver's Ed students. Nothing but a scurvy little spider in the grand scheme of things, in the realm of the Community College, this teacher had power, control, influence . . . and his own parking space.

Every day on our drive

home, Anna would report what had happened in class. The first couple of days, she ranted about excruciating boredom. But things heated up mid-week, when at lunch, one of the girls admitted her romantic interest in one of the boys. The sophomoric revelation was welcome relief from the daily tedium, so the girls exploited this little tidbit of drama to make it last, going so far as writing the boy a giggly anonymous note from his "secret admirer."

"Werr is u, Boo?" I texted Anna from the parking lot on the last day of class. I got no response, but a few minutes later, like some kind of reenactment of the final scene in "The Breakfast Club," the teens came streaming out of the Community College entrance with their final test results in hand.

I realized that, although they had initially defined each other in the simplest terms, the most convenient definitions -- The Dweeb, The Cutter, The Teen Mom, The Dumb Jocks, The Awkward Girls, The Boys with High Hats, and our daughter, The Goofy Military Kid -- these uncommon teens discovered that they shared a common goal. And by accepting their suffering and each other, they found what they were looking for in the first place: freedom.

Get more wit and observations from Lisa at her blog: <http://www.theme-atandpotatoes-oflife.com>. Follow Lisa @ [MolinariWrites](#)

Health Watch

Did You Know? Ticks . . .

A menace in the great outdoors

By HM3 Terrill Albury
Naval Branch Health
Clinic Gulfport



Ticks are parasitic insects that feed on mammals (e.g., humans, dogs, and cats), birds, reptiles and amphibians. They are found all over and carry disease like Lyme disease, Rickettsia, and Tularemia and other tickborne infections. Ticks find their hosts by detecting animals' breath and body odors, or by sensing body heat, moisture, vibrations, and some species can even recognize a shadow.

If you are like most people who would like to enjoy the outdoors, whether it's hiking, camping, picking wildflowers or playing with your dog, you should be aware that ticks are waiting to latch on to you.

A tick can't jump or fly; instead it waits for something to hold on to, which is known as "questing." It holds out a pair of legs while holding on to a leaf, and when you brush past, it quickly climbs aboard and wanders about looking for areas with thin skin.

To minimize your exposure, you should follow these simple recommendations.

- ~ Wear long sleeve shirt and pants.
- ~ Use repellents on exposed skin with greater than 20 percent DEET
- ~ Treat clothing and gear, such as boots, pants,

socks and tents with products containing 0.5 percent permethrin.

~ Check your body thoroughly for the presence of ticks.

~ Wash and dry clothes on the high heat setting.

~ Make sure you check your children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

~ Walk in the center of the trail away from high bushy areas.

For additional information, use the following link: <http://www.cdc.gov/ticks/index.html>.

Your NBHC Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account (www.relayhealth.com) to contact or follow-up with your provider.

Editor's Note: Information for this article was compiled from: <http://www.cdc.gov/ticks/index.html> and www.cdc.gov/niosh/topics/outdoor/

Have an opinion? – The Navy Exchange (NEX) is looking for input regarding food options on board NCBC Gulfport. Love 'em? Hate 'em? Let NEX know by taking a short survey at: https://www.nexresearch.com/nex_food. The survey is open through August.

NCBC Helping Hands

SPECIAL OLYMPICS ON BOARD NCBC – Naval Construction Battalion Center (NCBC) is hosting a Special Olympics Aug. 23, 9 a.m. – 2 p.m., with a rain date of Aug. 30. The games will be held on the fields adjacent to the Fitness Center. Military or civilian volunteers are needed to ensure a successful event. Although a number of people have volunteered to assist, “cheerleaders” are always welcome. For more information, please email Senior Chief Mass Communication Specialist Jeff Pierce at: Jeffrey.j.pierce1@navy.mil.

SUSAN G. KOMEN RACE FOR THE CURE - Multiple volunteer opportunities are available for pre-race and race day events: Aug. 23, 10 a.m. – 1 p.m. and 1 – 4 p.m. - Belk Registration Drive, Crossroads Mall, Gulfport. Encouraging people to register for race and receive \$5 off their registration fee. Sept. 2, 10 a.m. – 2 p.m., Knight Non Profit Center, Seaway Rd., Gulfport. T-shirt folding/race packets. Sept. 3, 10 a.m. – 1 p.m. and Sept. 4, 4 – 6 p.m. Knight Non Profit Center, Seaway Rd., Gulfport: Team packet pick-up and advanced registration – Sept. 6 – Race Day – Jones Park, Gulfport: Many volunteers needed for various booths, events and tasks before, during and after the race. Point of contact for all volunteers is Tina Gabriel at tinagabriel@wellsfargo.com. Please note that signed volunteer forms are required. To register for the race, visit www.komencentralms.org.

CASA – Court Appointed Special Advocates (CASA) for children is looking for volunteers for a Superhero 5K and 1M fun run/walk Sept. 13, 8 a.m. at Florence Gardens, 12321 Preservation Drive., Gulfport. Point of contact for more information is Sidney Massey, 228-865-7078 or Sidney@casaharrisoncounty.org.

WAVELAND CITY PARK – Volunteers with construction experience are needed to build a roof

over an existing stage in a city park in Waveland. This project will begin as soon as volunteers are in place. Supplies will be provided, but volunteers are asked to bring their tools. Point of contact is Susan Smith, Fleet and Family Support Center Gulfport, 228-871-3000, ext. 3640.

ADOPT A GRANDPARENT - Volunteers are needed to visit senior citizens Sept. 6 at either 10 a.m. or 3 p.m. in celebration of Adopt a Grandparent Day. Volunteers will visit the elderly in nursing homes and senior living facilities in Harrison, Hancock and Jackson counties. Volunteers may sign up at the United Way of South Mississippi Volunteer Center, volunteer.unitedwaysm.org, through Interfaith Partnerships or at www.marstonrogers.com.

CRUISIN' THE COAST – Volunteers are needed in Gulfport for Cruisin' The Coast, Oct. 6, 10:30 a.m. – 5 p.m., Oct. 7-11, 8 – 1 p.m. and Noon – 5 p.m., and Oct. 12, 7 a.m. – 2 p.m. Volunteers will be asked to assist with traffic control, hospitality, parking, etc., at Cruise Central, Centennial Plaza in Gulfport. Point of contact for more information is Craig Grisoli, 228-385-3847.

PARALYZED VETERANS OF AMERICA – PVA Gulfport, 15489 Dedeaux Road, Gulfport, is asking for volunteers to perform a variety of tasks including: repair/build concrete slab for garbage disposal, paint office spaces, repair water fountain and build picnic tables. Point of contact is Cheryl Lewis, 228-832-6864 or 228-365-2253.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disability-connection.org.

GULFPORT SCHOOLS 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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvation-army.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

August 21, 2014

Seabee Memorial Chapel

Religious Services Sunday:

Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesday: 11:15 a.m.



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

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

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

What's happening at the Chapel?

Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

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

Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

Meetings:

Chapel Council meetings
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

Quarterly "State of the Chapel" meetings

The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The next meeting will be at 5 p.m., for approximately 30 minutes, Nov. 3.

Seabee Courier

AUGUST 22-28 MWR



FREE MOVIES AT THE TRAINING HALL!

Aug 22 - 6:00 PM MALEFICENT(PG), 8:00 PM X-MEN: DAYS OF FUTURE PAST(PG13)

Aug 23 - 2:00 PM GODZILLA (PG13), 4:30 PM MALEFICENT (PG), 6:30 PM NEIGHBORS (R)

Aug 24 - 2:00 PM X-MEN: DAYS OF FUTURE PAST (PG13)



**SATURDAY, OCTOBER 4TH @ 0630am
AT NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MS**

FOOD
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MILITARY
DISPLAYS

OPEN
TO
THE
PUBLIC

MEDALS
TSHIRTS

REGISTER ON WWW.ACTIVE.COM
For more information, Contact 871-2669



Aug 23 - 10am (departure), Skydiving Trip!
Signup Deadline 8/11, \$171 Shuttle/Fee
Aug 24 - 10am (departure), Honey Island Swamp
Tour, Slidell, LA, \$18 ticket/shuttle
Aug 26 - 6pm, Madden 15 Release Party:
Tournament, Giveaways & Free Food!
Aug 28 - 6pm, Auto Skills 101: Dos & Don'ts of Car
Buying, FREE

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
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-7:00p, Sat-Sun 9:30a-4p
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:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Teen Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	



**NEW ORLEANS SAINTS
TICKETS**
\$15 preseason available
August 1st!
Baltimore Ravens 8/28

Outdoor Recreation

**NEW! 15 Speed Men &
Women's Bikes**

**Includes Bicycle, Helmet
& Safety Vest**

BICYCLE RENTAL PACKAGE

\$5 Daily/\$15 Weekly

**Reservation Required
Supplies Limited**

CORE 45 CLASS Tues & Thurs	ZUMBA CLASS Mon & Wed	WATER AEROBICS Class Mon -Fri	CYCLING CLASS Mon - Thurs	CARDIO PUMP CLASS Tues & Thurs
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FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"

CENTER NOTES

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 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 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

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

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9

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

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

TRAINING

Naval Sea Cadets The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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 MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 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 Auxilliary 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 Auxilliary 3937 President Carol Fetters at 228-832-4893.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group Naval Mobile Construc-

tion 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 information. **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, 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.seabeeuseumstore.org or call the gift store for more information at 228-871-4779.



NCBC GULFPORT SEABEE VOLKSLAUF MUD RUN

SATURDAY, OCTOBER 4 AT 8AM

REGISTRATION BEGINS: April 15 AT

www.active.com

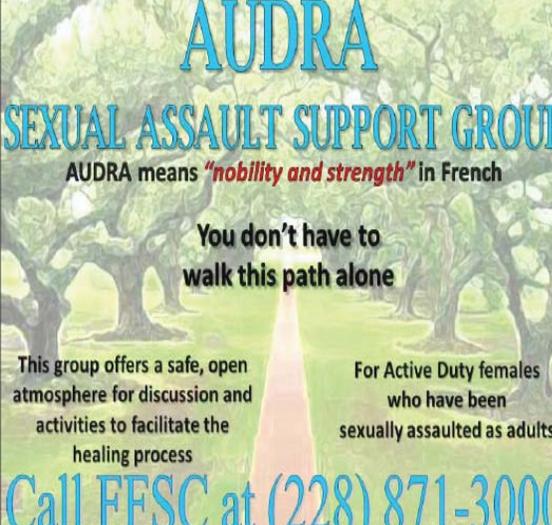
For more information, follow us on FACEBOOK. www.facebook.com/seabeevolkslaufmudrun



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AUDRA
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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