

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

August 28, 2014

Naval Branch Health Clinic holds change of charge



Naval Branch Health Clinic (NBHC) Gulfport holds a Change of Charge ceremony at the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport, Aug. 22. During the ceremony Cmdr. Brennan Autry relieved Lt. Cmdr. Joseph Mastrangelo as NBHC's officer in charge. Autry comes to NBHC from Naval Hospital Twentynine Palms, Calif., where he served as director for administration. Mastrangelo departs NBHC for Navy Medicine Operational Training Center, Pensacola, Fla., to serve as the director of administration. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

Hurricane Preparedness: Are You Ready?

By MC2(SW/AW/EXW)
Stacy D. Laseter
Navy Region Southeast
Public Affairs

It's the middle of the 2014 hurricane season with a possible storm brewing in the Atlantic, so there's no better time to ask yourself this question: Are you ready?

Although the Atlantic hurricane season lasts from June 1 to Nov. 30, the bulk of the named systems form during the latter part of the season, according to the National Oceanic & Atmospheric Administration. And while the first part of this hurricane season has been quiet, NOAA records show that 321 hurricanes have made landfall in the southeastern United States. That places Region Southeast installations squarely in the target zone.

So how do you prepare? Start with a plan.

"Make a plan that your family understands," Navy Region Southeast Regional Emergency Management Officer Scott Crossley said. "Plans should include a meeting location if your family is separated, out of town contact numbers, local evacuation routes, medicines, what you'll do with your pets, important papers you'll need, and more. You can't be too prepared." In addition to an evacuation plan, it's recommended families have at least three days of emergency supplies, according to the American Red Cross, including one gallon of water per person per day, non-per-

Friday marks the 9th anniversary of Katrina

Katrina first hit Florida Aug. 25 as a Category 1 storm, strengthened to a Category 5 from a Category 3 in just 12 hours over the Gulf of Mexico, then hit the Gulf Coast, Aug. 29 as a weaker but dangerous Category 3.

Damage: \$81 billion total; \$40.6 billion in insured losses

Deaths: (direct and indirect) 1,833 total; 1,577 in Louisiana, 238 in Mississippi, 14 in Florida, two in Georgia, two in Alabama

Storm Surge: Western Mississippi: 24-28 feet in a 20-mile area

Tornadoes: 43 total; one in Florida, 20 in Georgia, 11 in Alabama, 11 in Mississippi

Evacuees: 1.2 million people in northern Gulf Coast from Louisiana to Alabama

—Compiled from
The Weather Channel—

Mini Mart News

In preparation for the final transition to the new Mini-Mart Gas Station, the retail area of the current Mini-Mart will be closed beginning Sept. 14. The fuel islands will still be available until 8 a.m., Sept. 16.

After that time, the pumps will not have fuel available for consumer purchase until the Grand Opening of the new Mini-Mart Gas Station at 10 a.m., Sept. 18. We apologize for this necessary inconvenience.



ishable foods and hygiene products. Hurricane season will come and go, but as Crossley points out, being prepared is not a seasonal event.

"It's not just for hurricane season," said Crossley. "You need to plan and be prepared year round."

Yeoman 1st Class Serge
See **READY** page 5

NCBC

Commanding Officer

Capt. Paul Odenthal

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Bonnie L. McGerr

Mass Comm. Specialist

MCCS(SCW/SW)

Jeffrey Pierce

Mass Comm. Specialist

MCC(SCW/SW/AW)

Ryan G. Wilber

Special Contributors

BU3(SCW) Amanda Hollister

UTCN Alicia Fluty

BUCA Elizabeth Mills

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The annual 2014 Feds Feed Families (FFF) which ran for three months, ended Aug. 27. Once the final tally is done, donations on board Naval Construction Battalion Center (NCBC) are expected to exceed 5,000 pounds of canned and dry goods. During the drive, weekly donations were taken to food banks, pantries and shelters throughout the Mississippi Gulf Coast. (U.S. Navy photo/Released)

It's a wrap! Feds Feed Families food drive ends

By BUCA Elizabeth Mills
NCBC Public Affairs

The 2014 Feds Feed Families (FFF) food drive campaign on board Naval Construction Battalion Center (NCBC) Gulfport, came to a close Aug. 27. For the past four years, the base has participated in the program to help fight local hunger.

Since June 2, non-perishable food items have been collected at various locations around NCBC. These donations were picked up and taken to multiple churches and food banks along the Mississippi Gulf Coast.

According to Lt. Cmdr. Charles Roy, NCBC's FFF coordinator, food contributions were taken to Feed My Sheep, Twelve Bas-

kets food bank and Saint Therese of Lisieux Catholic Church of Gulfport. Contributions were also given to the Back Bay Mission of Biloxi and The Lord Is My Help food pantry of Ocean Springs.

As of Aug. 25, the total weight of food collected is 4,731 pounds. However, once the final totals are in, donations from NCBC are projected to be over 5,000 pounds.

The base FFF food drive was sponsored by the Seabee Memorial Chapel and the NCBC Commissary.

Initiated by President Barack Obama in April 2009, FFF is part of the "United We Serve Act" which calls for Americans to contribute to the nation's economic recovery by serving in their communities.

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NCBC Gulfport Weapons Registration - Navy regulations require that all privately owned weapons brought on board a U.S. Navy installation 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.

Correction: The building number for NCBC Recycling is Building 275, off of McKinney Avenue. The number was erroneously reported in "NCBC Recycling Program," story in the Aug. 21 edition of the Seabee eCourier.

DRIVE SOBER OR GET PULLED OVER

See Something Wrong, Do Something Right

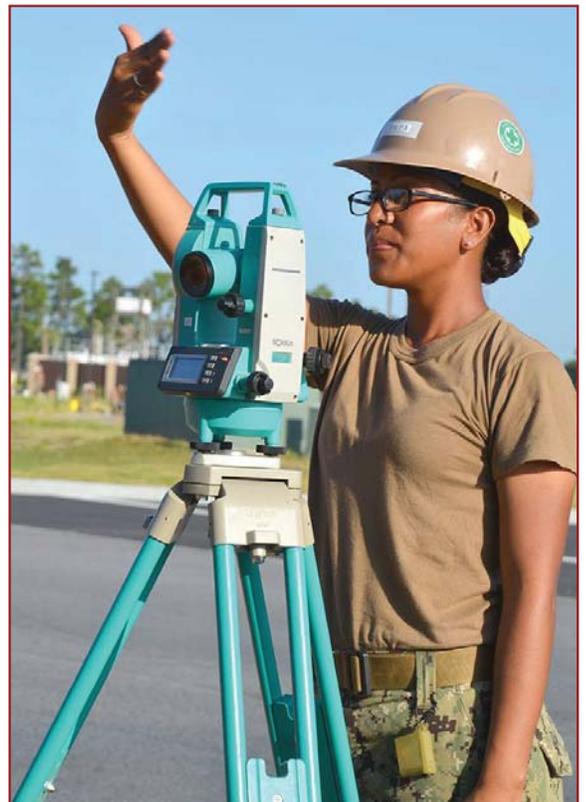
NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. 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.



Navy Marine Corps Relief Society (NMCRS) Thrift Shop on board Naval Construction Battalion Center Gulfport treats shoppers to free hot dogs, Aug. 20, during National Thrift Shop Week. Thrift Shop hours are Monday, Tuesday, Wednesday and Friday, 8 a.m. - 3 p.m. and Thursdays, 8 a.m. - 6 p.m. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Jennifer Schonewitz (foreground) and Ann Lauterwasser from the Navy Exchange on board Naval Construction Battalion Center (NCBC) Gulfport, work with Navy Exchange Service Command's Joe Marchese (not pictured) to stock shelves and mark prices inside NCBC's new Mini Mart and gas station. The grand opening of the new facility is scheduled for Sept. 18. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Engineering Aid Constructionman Anaseini Taufu uses surveying equipment to take elevation readings for a sidewalk project along Seventh Street on board Naval Construction Battalion Center (NCBC) Gulfport. Taufu is attached to Naval Mobile Construction Battalion (NMCB) 11. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)

Special Olympians participate in area competition



*“Let me win.
But if I
cannot win,
let me be brave in
the attempt.”*



Naval Construction Battalion Center (NCBC) Gulfport hosted the 2014 Area 3 Special Olympics, Aug. 23. More than 80 athletes and 120 military and civilian volunteers converged on the grounds near NCBC's Fitness Center as Special Olympians competed in nine events in four sports: softball, soccer, croquet and horseshoes. The opening ceremonies began with invocation given by NCBC's Command Chaplain, Lt. Cmdr. Ammie Davis followed by the singing of the National Anthem by Jennifer Briley in the shadow of the ceremonial color guard provided by Naval Mobile Construc-

tion Battalion (NMCB) 11. In his opening remarks, NCBC's Commanding Officer, Capt. Paul Odenthal welcomed the athletes and thanked all the volunteers for their support. The games kicked off with the parade of athletes, which included the traditional torch bearer. After a full morning of competition, everyone was able to unwind as they were treated to pizza and drinks. The day concluded with the closing ceremonies where winners were announced and ribbons awarded. (U.S. Navy photos by Senior Chief Mass Communications Specialist Jeffrey J. Pierce/Released)

FFSC offers resiliency training to service members and families

By UTCN Alicia K. Fluty
NCBC Public Affairs

Fleet and Family Support Center (FFSC) on board Naval Mobile Construction Battalion Center (NCBC) Gulfport, is offering a Critical Events Resiliency Training Skills class. The goal is to help military members and their dependents adapt in the face of adversity and to rebuild their lives after devastating tragedies or traumatic events.

This is the first time FFCS Gulfport will offer this class. It will be taught by Jim Soriano, a licensed marriage and family therapist and Joan Evans, a licensed clinical social worker.

"This class is for the person who has some type of event in their life that they need to overcome. The event could be a car accident or the tragic death of someone," said Soriano.

According to Evans, the purpose of this class is to empower participants with knowledge and tools to create or enhance a healthy, well-balanced, personal and working lifestyle.

"The goal is to stabilize and reduce



post-trauma symptoms by providing support, information, and resources," said Soriano. "It's to teach them how to improve their sleep, how to deal with their stress or anger towards this event and how to set boundaries with people. Overall, the class will give them the tools and skills to have a better quality of life."

The six-week class begins Sept. 9 and will meet Thursdays at 11 a.m. Soriano expressed that participants need to pre-register to determine the level of help they need. He stressed that this class is neither for sexual assault victims nor individuals diagnosed with post-traumatic stress disorder.

For more information call FFSC at 228-871-3000.

From **READY** page 1 Kabanda, CNRSE flag writer, whose entire career has been located in states prone to hurricanes, understands the need to "be ready."

"Disaster preparedness is important, especially if you don't live alone," said Kabanda. "Even if you have pets, you should always have an emergency plan. A hurricane. A fire. Even being robbed. Just be ready for anything that could happen and know what to do. Being prepared means you don't have to panic whenever things actually do happen."

So what do you do if something does happen? If an evacuation is ordered, the Regional Operations Center, commonly known as the ROC, springs into action. The resources section, which includes administrative, logistics, and financial personnel, uses the Total Workforce Management System, or TWMS, to automatically generate the names of all military and civilian personnel in the affected area. Orders are printed and made available so Sailors can travel to their designated safe haven, which is usually identified ahead of time by the installation. Specific guidance will be provided on authorization of families to travel, depending on circumstances of the incident. Once the event, such as a hurricane, has passed and it's safe to return, personnel and families are directed to return.

Mission essential personnel and emergency response

personnel may be required to remain at their installation for the duration of the evacuation order. Each installation, as well as the Navy Region Southeast headquarters, has emergency information cards. They provide specific instructions on mustering, as well as emergency contact numbers and Web sites, including the Navy Family Accountability and Assessment System Web site – <https://navyfamily.navy.mil>. This site provides key information to help keep you and your family safe and tells you what to do if disaster strikes. NFAAS recommends that after a severe weather event, it's critical to alert your chain of command on you and your family's status. It's not just mustering. It's also providing Fleet and Family Support necessary information on your specific needs. It's called a needs assessment. This is key to make those needs known so Navy Family personnel can address them as quickly as possible.

The Navy Region Southeast web site – http://www.cnrc.navy.mil/regions/cnrse/om/emergency_management/hurricane_season_2014.html – has additional information on how to prepare for hurricanes, as well as the American Red Cross -- <http://www.redcross.org/prepare/location/home-family>.

So don't wait until the storm is here. The time to prepare is now.

Are you ready?

Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

"What are you doing to prepare for the upcoming advancement exams?"



"Studying using index cards to get a repetition of the questions that are going to be on the test."

EACN(SCW) Chaneaqua Robinson

Duty Station: NCBC
Hometown: Hayti, Mo.



"I'm going to study up until the two days before the test. That's my main focus right now."

EO3N Kurtavious Davis

Duty Station: NMCB 11
Hometown: Little Rock, Ark.



"Doing non-residential training courses and studying periodically."

EO3(SCW) Heather Donnelly

Duty Station: NCBC
Hometown: Fresno, Calif.



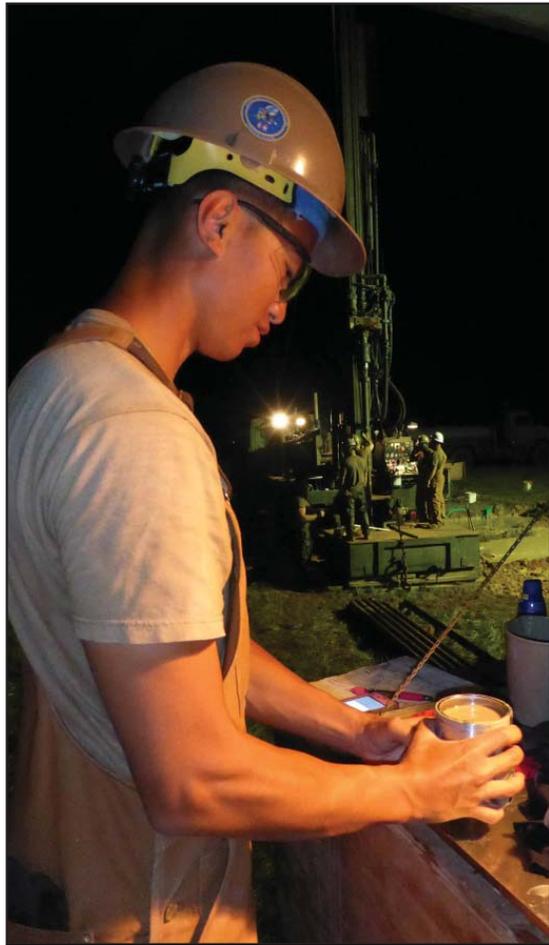
Warm welcome home for NMCB 1 delayed party



Sailors from Detail Guam and Main Body Okinawa return to their homeport at Naval Construction Battalion Center (NCBC) Gulfport, Aug. 23, after a six-month regularly scheduled deployment. (U.S. Navy photos by Chief Mass Communication Specialist Kim Martinez/Released)



NMCB 11 completes Camp Shelby water well exercise



Left: CAMP SHELBY, Miss. – Utilitiesman Constructionman Toua Hang assigned to Naval Mobile Construction Battalion (NMCB) 11 performs hourly mud viscosity, filtration, density, sand content, filter cake, and pH tests. Above: Equipment Operator 3rd Class Joseph Self and Equipment Operator 2nd Class Earnest Wilson assigned to NMCB 11

inspects drill cuttings every five feet to monitor the subsurface materials being penetrated. This water well drilling is part of the battalion's homeport training period, which heightens knowledge base, essential mobility skills and command readiness. (U.S. Navy photos by Construction Electrician Constructionman Jamette Coleman/Released)

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NMCRS New Orleans Part-time position

The Navy-Marine Corps Relief Society (NMCRS) office at Naval Air Station Joint Reserve Base New Orleans has an opening for a part-time (20-25 hours per week) Relief Services Assistant. The position provides administrative support to the Director and supports a team of Volunteers who provide relief assistance to service members. Ideal candidates will have high school diploma/GED, strong organizational and administrative skills, ability to work independently, excellent oral and written communication skills, public speaking experience and experience working with Volunteers. Knowledge of military pay/allowance systems and NMCRS Level III Caseworker status is highly desirable. Applicant must be a U.S. citizen or have authorization to work in the U.S. to be considered for the position. Preference in selecting candidates will be given to those with previous experience as a Volunteer or as an employee with NMCRS.

Starting pay for this position is \$15.05/hour plus benefits. Interested parties visit <https://home2.eease.adp.com/recruit/?id=13630752> to access the online application for this posting. This opportunity will remain open until filled.

Although we acknowledge receipt of all applications, only those selected for interviews will receive additional notification. Visit NMCRS on the web at www.nmcrs.org. E.O.E.



19th ANNUAL SEABEE VOLKSLAUF

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TO
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 For more information, Contact 871-2669

Seabee Courier

Focus on Education

Tuition Assistance policy changing FY-15

From Naval Education and Training Command Public Affairs

Virginia Beach, Va.

Effective immediately, commanding officers and officers-in-charge may approve waivers to the one-year requirement that Sailors must be on board their first permanent duty station (PDS) to be eligible for Tuition Assistance (TA) according to NAVADMIN 190/14 released Aug. 21.

In addition to command triad waiver approval, Sailors must meet all existing requirements for participation eligibility.

The NAVADMIN also detailed changes to the grade and fee policy for TA for courses starting after Oct. 1 to align with recent Department of Defense TA policy.

Successful course completion will be defined as a grade of "C" or higher for undergraduate courses, a "B" or higher for graduate courses, and a "Pass" for "Pass/Fail" grades and must be attained to avoid reimbursement of TA funding. Reimbursement will also be required from Sailors who don't make up a grade of "I" (incomplete) by the educational institutions' deadline or six months after the completion of the class, whichever comes first.

Also changing Oct. 1, only tuition directly related to the course of instruction - and not including fees - will be paid with TA funds. Fees no longer cov-

ered by TA include equipment, supplies, books/materials, exams, admissions, registration, fines and costs associated with distance learning.

These changes align the Navy's policy with Department of Defense Instruction 1322.25 for Voluntary Education (VOLED) programs covering policies for service members' use of TA.

"Historically, more than 85 percent of Sailors satisfactorily complete and pass their undergraduate and/or graduate level classes; this is a tribute to the focus and dedication of the Sailors using VOLED programs," said Ernest D'Antonio, the Center for Personal and Professional Development's (CPPD) Navy VOLED program director.

In Fiscal Year 2013, approximately 89 percent of courses paid for by TA were successfully passed, with 72 percent of those courses resulting in an "A" or "B" grade, according to D'Antonio.

Sailors not successfully completing courses using TA must reimburse the Navy for TA funds.

For more information Sailors can contact their local Navy College Office, Virtual Education Center (VEC) or the Navy College Program website at <https://www.navycollege.navy.mil/>.

For more news from Naval Education and Training Command, visit www.navy.mil/local/c

Yakin With Vets

Date: Wednesday, September 3, 2014

Time: 9:30-11:30 a.m.

Place : On the beach across from Southern Miss Gulf Park Campus



Come explore the Gulf Coast in a kayak. Kayaks, life jackets, and paddles will be provided. Instruction and basic components of this fast growing sport will be available.

Please come prepared to get wet!!!
Bring Towels and Sunscreen.

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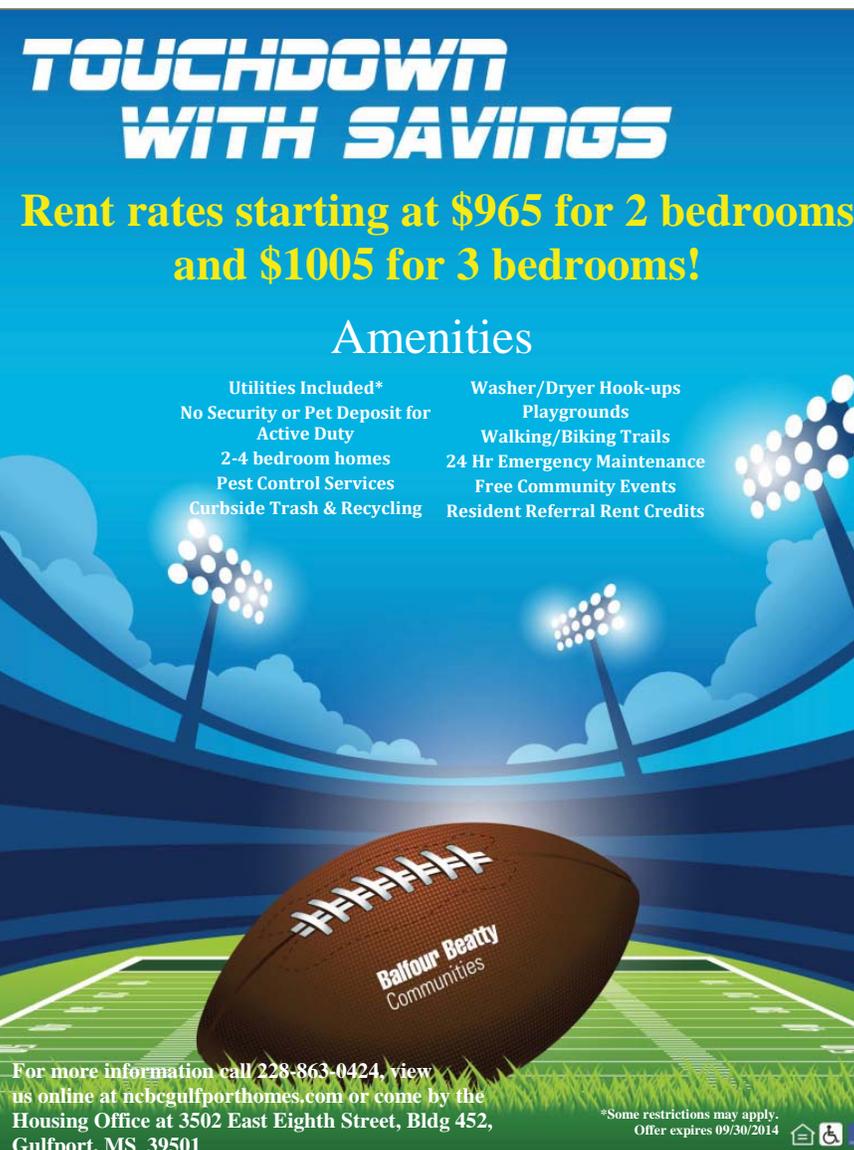
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August 28, 2014

Seabee Courier

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

Tears on my toothbrush

It didn't hit me until I saw that smear of toothpaste on the sink this morning.

I'd heard the stories. "I cried for an hour in the bathtub." "I couldn't get out of bed for a week." "I was a snotty, puffy-eyed mess." "I didn't think I'd make it to Thanksgiving."

I listened to fellow military moms with genuine compassion, but I couldn't personally relate. Those things would never happen to me.

Then, we dropped our son off at college last Tuesday.

"He's only going to be three hours away," I told a friend, "and besides, a little separation will be good for all of us. I won't be one of those people who blubbers like a baby." "Oh, you will," my friend warned. "Trust me."

We helped him set up his dorm room with plastic bins, granola bars, power strips, extra sticks of deodorant, clip on lamps, new sheets that won't be washed this semester, and cheapo particle board shelving that looked like it would buckle like a ramen noodle under the weight of the tiny microwave.

Dry-eyed as planned, I kissed his prickly cheek good-bye at 4 o'clock, so that he could go to his first hall meeting and we could wolf down free hors d'oeuvres at the parent reception. After more than our share of chicken bites and veggies drenched in ranch, my husband and I spent a couple of carefree days exploring the nearby



lakes of Upstate NY.

I awoke early this morning, after getting home late last night. I could've used another 20 minutes, but my husband needed a ride to the airport for a work trip to Korea, so I shuffled my way to our bathroom down the hall. I stepped over our labradoodle, Dinghy, who had wedged himself between the toilet and the bathtub. Ever since we moved into this quirky old base house a year ago, I felt cheated. Not only did I have to share the tiny bathroom with my huge hairy husband and son, the huge hairy dog decided that it was his favorite sleeping spot. It just wasn't fair.

I looked, bleary-eyed into the mirror at my pillow-crimped bangs, and groped for my toothbrush. Glancing down, I saw my husband's toothbrush. And mine. But where my son's toothbrush usually lay, there was only a smear.

A smear that, up until that point, had always irritated me. Why do men refuse to thoroughly rinse the slobbery toothpaste out of their toothbrushes? Don't they care that someone has to continuously clean the dried up

smears on the sink?

But this time, I wasn't annoyed. I stared at the smear, and then, it hit me.

He's gone.

I felt a hot prickle behind my eyes and a flush in my cheeks. In a stupor, I left the bathroom and found myself at the open door of our son's room.

How sweet . . . his unmade bed! I gulped and pulled a tissue from a box on his night stand. Oh, and that odor of teenage boy sweat, I breathed in deeply. He never did take that bowl down to the kitchen like I asked, I smiled at the three-day-old tomato-sauce-enamelled dish, and let a tear tumble down my cheek.

I explored my son's abandoned room, noting every void in the dust where books, alarm clocks, and speakers used to be. With watery vision, I inventoried the vestiges—gum wrappers, crumbs, pennies, and tiny tumbleweeds of God-knows-what. All the things that had once been bones of contention were now cherished relics of the time, now past, when our son lived under the same roof.

And then, I gave in to the parental instinct I had denied myself based upon logic and reason, and I bawled like a baby.

Is it Thanksgiving yet?

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



Your Commissary offers cool savings this fall

By Sallie Cauthers

DeCA marketing mass communication specialist

As summer fades, commissary shoppers will see plenty of cool sales events from Labor Day promotions and National Breakfast Month food samplings to Oktoberfest celebrations, with lots of coupons full of high value savings.

Throughout September, DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

~ The "real" Oktoberfest in Munich runs from late September until early October and shoppers can stage their own celebrations if they can't make it to Germany. Commissaries have German products ranging from chocolates, cookies, sauerkraut, mustard, and red cabbage, to rich German coffee, and more.

~ With the worldwide Year of Balanced Products with Nestlé promotion, seven winners will receive a year's worth of Nestlé products to help balance their diet. They'll receive 52 free coupons for the following participating brands: Lean Cuisine, Lean Pockets, Stouffer's Family Size, Hot Pockets, DiGiorno, Nesquik and Coffee-mate.

~ Quaker and Tropicana present "Breakfast, It's the Smart Way to Start Your Day," highlighting the importance of a healthy breakfast and offering savings on participating products. Look for displays Sept. 1-24 with booklets of recipe cards and high-value coupons and breakfast suggestions linking Quaker and Tropicana products with the commissary's produce department.

~ Unilever's annual "Italian & American Festival of Savings" runs through Sept. 10. It features Unilever brands such as Ragu, Hellman's, Lipton, Knorr, Bertolli and Breyers, as well as personal care brands including Dove, Dove Men, St. Ives, Vaseline and Tresemme. Over 125,000 high-value, in-store coupon flyers will be distributed worldwide. A donation of up to \$20,000 will be made by industry on behalf of the commissaries to the Fisher House based on the total commissary sales for this savings event.

"As we head toward the cooler days of autumn, commissary customers can rely on us offering plenty of promotions to help them save money and maximize their benefit," said Tracie Russ, DeCA director of sales.

Commissary hours of operation are: Sunday, 11 a.m. - 6 p.m.; Monday, CLOSED; Tuesday, 9 a.m. - 7 p.m.; Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. - 7 p.m.; Friday, 9 a.m. - 6 p.m. and Saturday, 9 a.m. - 6 p.m.

NCBC Helping Hands

BACK TO SCHOOL LOCK-IN - Gulf Coast Youth for Christ is looking for more than 250 adult volunteers to assist with their Back to School Lock-In occurring at the Edgewater Mall in Biloxi from 9 p.m., Sept. 19 to 7 a.m., Sept. 20. For more information, please call 228-864-0788 or email, youthforchrist@coastyfc.com.

SUSAN G. KOMEN RACE FOR THE CURE - Multiple volunteer opportunities are available for pre-race and race day events: 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@disabilityconnection.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.salvationarmy.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 28, 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

AUG 29- SEP 4

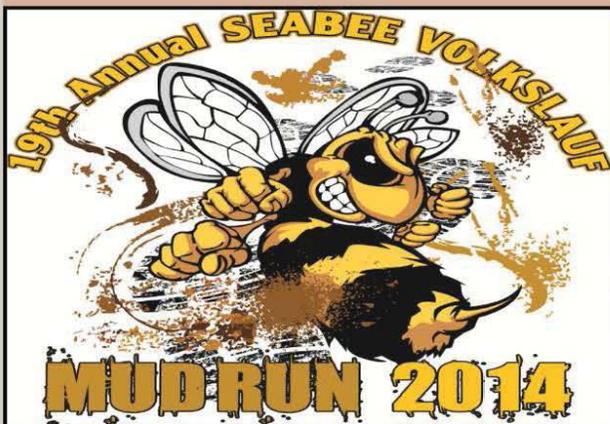


FREE MOVIES AT THE TRAINING HALL!

Aug 29 - 6:00 PM X-MEN: DAYS OF FUTURE PAST (PG13), 8:30 PM NEIGHBORS (R)

Aug 30 - 2:00 PM RIO 2 (G), 4:00 PM GODZILLA (PG13), 6:30 PM NEIGHBORS (R)

Aug 31 - 2:00 PM GOD'S NOT DEAD (PG), 4:30 PM THE FAULT IN OUR STARS (PG13), 7:00 PM MILLION DOLLAR ARM (PG)



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

FOOD
MUSIC
MILITARY
DISPLAYS

OPEN
TO
THE
PUBLIC

MEDALS
TSHIRTS

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



Aug 28 - 6pm, Auto Skills 101: Dos & Don'ts of Car Buying, FREE

Aug 30 - 4pm (departure), New Orleans Zephyrs vs Memphis Redbirds, \$12 ticket/shuttle

Sep 03 - 6:00p, Staring Contest, 1st place PRIZE

Sep 04 - ALL DAY, Throwback Thursday - Classic 80's movies, FREE Popcorn

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

Outdoor Recreation

It's the perfect time of the year to go camping! Tour the A-LINER campers at Navy Outdoor Recreation and Make your reservation TODAY!



Fitness September Classes

CORE 45 CLASS
Tues & Thurs

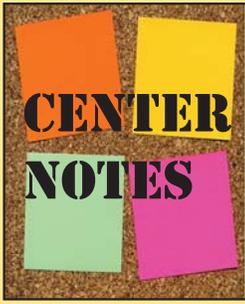
ZUMBA CLASS
Mon & Wed & Sat

WATER AEROBICS CLASS
Tues & Thurs

CYCLING CLASS
Mon - Thurs

CARDIO PUMP CLASS
Tues & Thurs

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"



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.seabee-museum-store.org or call the gift store for more information at 228-871-4779.

Energy Savings Tip:

Take another look at Compact Fluorescent and LED lighting. It cuts your electricity bill for lighting by up to 75 percent! Although it seems that they cost more, that is not true when you factor in energy savings and bulb life. They also come in a wide variety of sizes, outputs and configuration, including 3-way and dimmable. CFLs last longer than old-fashioned bulbs, an added bonus if you have hard-to-reach light fixtures. They're often discounted by your electric utility at the store, or by mail-in rebate, making them even more affordable.

BACK PACKS FOR VETS - The Veterans Administration is collecting new or used back packs, gym bags or messenger bags for veterans. All donations may be dropped off at Fleet and Family Support Center, Building 30, NCBC. For more information, point of contact is Susan Smith, 228-871-3640.



GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

Free services:
FAX, Send and 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.

Don't Be a Target!

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



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