

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 54 No. 31

Naval Construction Battalion Center, Gulfport, Mississippi

August 7, 2014

NCTC welcomes new Skipper



Cmdr. Heather J. Walton, right, commanding officer, Naval Construction Training Center (NCTC), Gulfport receives the command flag from Cmdr. Scott A. Anderson during the transfer of colors portion of NCTC's Change of Command ceremony held on board Naval Construction Battalion Center Gulfport, July 29. Anderson was relieved by Walton who reported from her position as executive officer, Amphibious Construction Battalion (ACB) 1. Anderson is transferring to Naval Construction Group (NCG) 2 to assume chief staff officer duties. (U.S. Navy photo by Senior Chief Mass Communications Specialist Jeffrey J. Pierce/Released)

Read story on page 6

NCBC Gate hours change Monday

From NCBC Public Affairs

Effective Aug. 11, access hours will change at two gates on board Naval Construction Battalion Center (NCBC), Gulfport. The Broad Avenue gate will be open weekdays from 6 to 8:30 a.m. The 28th Street gate (commercial gate) will be open from 6 a.m. to 3 p.m. for inbound traffic and 6 a.m. to 6 p.m. for outbound traffic. Both gates will be closed weekends and holidays. The hours at the Pass Road gate will remain unchanged (24/7 operation).

This adjustment is due to manpower and resourcing issues. Installation leadership assessed the risks associated with limiting hours at various gates to determine the best way ahead in order to accomplish the mission while

minimizing impacts on the workforce and local community. The 28th Street gate is the installation's commercial traffic entrance and the Pass Road gate is the Welcome Center entrance and has the easiest access to multidirectional roads.

Base officials realize that any change to base operations, particularly gate access to the base, creates concern within the workforce and local community, and may have unintended consequences. Officials will continually monitor the impact of this change and work to find better solutions, if possible, in the future.

NCBC leadership sincerely apologizes for any inconvenience the limited hours on Broad Avenue gate may cause and appreciate the public's cooperation and support moving forward.



Friday, Aug. 8

6 – 8 p.m., Ladd Circle, NCBC
Human Hamster Balls, Outdoor Laser Tag, Giant Gyroscope, Face Painting, Train Rides, Free Food and more!

All with authorized access to NCBC are invited to this FREE event!

Sponsored by MWR

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Legal: Identity Theft . . . You can take steps to prevent it!

By Lt. Jennifer N. Smith
JAGC
RLSO SE

Identity theft is one of the fastest growing crimes in America. Last year, nearly 10 million people were victims. And it's not just the financial loss, but the impact on your credit. It includes your borrowing and repayment plans, credit cards and loans, whether you have been delinquent on payments, or you've filed for a bankruptcy.

An identify thief may steal your information and open one or more accounts in your name.

Signs that you may be a victim of identity theft include receiving past due notices for accounts in your name and having negative information posted to your consumer credit report.

The negative entries lower your credit score and can lead to denial of future loan requests. Employers and landlords look at credit reports when deciding whether to hire you or determining if you qualify for a lease.

The effort to clean up the mess left by identity thieves

is hours of your time and months to get your good name back.

Due to frequent moves, deployments and inability to monitor bank accounts, military personnel are prime targets for identity theft. The consequences for service members can be severe.

Poor credit reports can result in the loss of a security clearance and impact future service or career.

While there's no 100 percent guarantee against identity theft, there are steps that can be taken to make it more difficult for your identity to be stolen and limit the impact should identity theft happen:

- ~ Regularly monitor bank and credit accounts. Check accounts twice a month for incorrect entries.

- ~ Safeguard your personal information. Protect yourself by:

- ~ Shred documents that contain personal information; e.g., receipts, bank statements, and medical documents.

- ~ When out of area, have a friend pick up mail or

request a hold at the post office.

- ~ Considering opting out of prescreened offers of credit and insurance by going to optoutprescreen.com.

- ~ Limit identification you carry with you such as social security cards.

- ~ Avoid logging into personal accounts on public wireless networks.

- ~ Change passwords regularly.

- ~ Do not post personal information such as your full birthday on public websites.

- ~ Check your credit report three times a year. You can access it for free from the three credit reporting agencies: Equifax, Experian, and Transunion, or you can go to www.annualcreditreport.com. Space your requests to each of the agencies throughout the year to regularly monitor your credit for any suspicious entries. Early identification of identity theft is your best defense.

- ~ Set up a credit alert: These alerts require businesses to contact you to verify your identity before issuing credit in your name. You only need to request an

alert with one of the credit reporting agencies and they will report it to the others. If you become the victim of identity theft, an initial alert for 90 days can ensure that no further credit is taken in your name. If deploying, consider the active duty alert which last for 12 months and removes you from prescreened offers for credit and insurance.

While you can't always avoid identity theft, you can take steps to limit the possibility. For more information, visit: <http://www.consumer.ftc.gov/topics/privacy-identity>. And of course, if you become a victim of identity theft, contact your RLSO!

This article is not intended to substitute for the personal advice of a licensed attorney. For local assistance, please contact the Naval Construction Battalion Center (NCBC) Legal Office by calling 228-871-2620 for an appointment. For a listing of legal assistance offices in the Southeast Region, visit: http://www.jag.navy.mil/legal_services/riso/riso_southeast.htm



Fingerprint machine back in business
Personnel are advised the Building 1 fingerprint machine is now in working order.



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.

Victim Legal Counsel JAG now on board NCBC

From NCBC Public Affairs

The first judge advocate assigned to the Navy's Victim Legal Counsel (VLC) Program on board Naval Construction Battalion Center (NCBC) reported July 18.

Lt. Cmdr. Davin Rieke, JAGC, will serve as the attorney for the VLC Program at NCBC Gulfport, Naval Air Station Meridian and Naval Air Station Joint Reserve Base New Orleans and will provide legal services to eligible victims of sexual assault stationed in these locations, including assistance and advocacy in the investigative and military justice processes.

The Navy is implementing the VLC Program to offer a military attorney to represent and assist victims of

sexual assault.

Because VLCs will form an attorney-client relationship with eligible victims, all communications will be confidential.

VLCs can assist eligible victims with a decision to make a restricted or unrestricted report of sexual assault, represent them in military courts, advocate on their behalf to investigators, commanders and prosecutors, and provide other legal advice and assistance connected to the sexual assault.

To make an appointment to speak to a VLC, contact Rieke directly at 228-871-2909, davin.rieke@navy.mil or stop by his office located at Fleet and Family Support Center, Room 162, 5301 Snead Street, Gulfport on NCBC.



Builder Constructionman Marua Hernandez, a Builder "A" school student assigned to Naval Construction Training Center (NCTC) Gulfport, cleans up her block edges with a darby float at an NCTC training area on board NCBC Gulfport, July 30. Masonry layout is part of the first phase in the Builder "A" school where constructionmen learn the fundamentals of block layout and learn the formulas for proper mortar mixtures. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Capt. Paul Odenthal, NCBC commanding officer, recently received a letter from a couple whose vacation on the Gulf Coast was almost ruined by an unforeseen event had it not been for Morale Welfare and Recreation (MWR) employee Edward Pringle. Pringle not only helped this couple get out of their "pickle" (couple's own words), he ensured an enjoyable extended stay at the Shields RV Park. When the Skipper congratulated Edward on a job well done, he added a small token of appreciation based upon Edward's ability to bail this couple "out of a pickle." (U.S. Navy photo courtesy of MWR/Released)



Construction Electrician Constructionman Keith Spoon, along with other Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11, train on the proper doffing procedures during a chemical, biological and radiological (CBR) drill on board NCBC Gulfport, July 30. This training is a part of NMCB 11 homeport training period, which heightens knowledge base, essential mobility skills and command readiness. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/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 Frames

Equipment Operator 1st Class (SCW)

Douglas E. Pojcky

Municipal Separate Storm Sewer Systems (NS4) Stormwater Program Manager, Public Works Department

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

DP: The teamwork involved in the clean-up efforts after Hurricane Katrina. The chance to help out our local com-

munity and neighbors here at home in the United States during a national disaster was amazing. To work side by side with civilians, other services, other battalions, and relief workers is an experi-

FREEZE

FRAME

By UTCN Alicia Fluty
NCBC Public Affairs

ence that I will never forget. We often assist people in other countries, but to be able to help out our own citizens in their time of need was the best experience I have ever had in my career.

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

DP: The honor to wear the uniform of those that have fallen for our country and making a difference in third world countries to people in need. Plus, family and friend's support.

Sisterhood. Seeing the ability to come together at the drop of a dime and get the job done.

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

DP: To be honest, I have had several influential mentors during my career, but without the one I selected I would not have stayed in the Navy for a career. Capt. O.W. Wright, my commanding officer at Recruit Training Command, during my first shore duty. His leadership was instrumental in my choice to stay in for a career. He enlisted as an E-1 and in the same year he was selected for Master Chief he was also selected for LDO. He chose LDO and made it to [the rank of] Captain before retiring.

FF: What advice would you give to future Seabees and Sailors?

DP: Be humble and open to suggestion no matter what rank you achieve. Never forget the past, good and bad, learn from it. Don't forget how good we have it compared to service men and women of past wars and conflicts.

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

DP: The Brother and



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



Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

“What would you like to see offered on base?”



“The base should thicken the fencing. Make it taller and more secure. People can just cut a hole in the fence and hurt people as they are running during morning PT.”

CE2(SCW) Sipa Sreiy
Duty Station: NMCB 133
Hometown: Brooklyn, N.Y.



“Have a place for younger Sailors to hang out, like a parlor where we can enjoy some good times with friends and eat some ice cream and burgers.”

BUCA Devonna Harris
Duty Station: NMCB 133
Hometown: Medford, Ore.



“Members that are E-4 and above should have their own living spaces. Improve all rooms or make them all the same size all around base.”

RP3(SCW) Jacob Valle
Duty Station: NMCB 133
Hometown: Needville, Texas

NCBC is in the Zone!

By UTCN Alicia K. Fluty
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport began conducting zone inspections on all of their facilities, July 29.

According to NCBC Staff Officer, Lt. Cmdr. Charles Roy, Commander, Navy Installations Command directs the commanding officer of each base to conduct a personal inspection of all facilities once every three years.

NCBC has been divided into three zones and the commanding officer rotates through one of the zones each year. Additionally, each facility is required to have an annual zone inspection led by their department head or tenant and the results are forwarded to the installation's Public Works Department (PWD) for prioritization of maintenance actions. The inspection is required per OPNAVINST 5100.23G, CNRSEINST 4101.1B and NCBC Gulfport Instruction 11000.1.

The zone inspection team consists of the department head or tenant command representative, building

manager, building energy monitor, recorder, safety representatives and fire warden. The commanding officer and/or executive officer will also be part of the team if the facility being inspected is in the designated zone for annual inspection by the commanding officer.

The team jointly examines every space within the assigned facility to include the exterior and surrounding areas. Inspections are graded as either satisfactory or unsatisfactory. According to Roy, it is a self-assessment and used as a tool for improvement to ensure they do not compromise sanitation, safety, efficiency and meet the mission of the user.

"Leadership involvement will be critical to the success of the zone inspection program," Roy said. There are many items that the team will look at during the inspection. Some might not be obvious to the casual observer.

"Safety hazards, housekeeping, sanitation, cleanliness, preservation, energy and water usage, lighting, doors and windows, thermostat settings, unauthorized appliances, security, material stow-



Naval Construction Battalion Center (NCBC) Gulfport Commanding Officer, Capt. Paul Odenthal, along with other members of the Zone Inspection Team, check the exterior of the Security building on board NCBC, July 29. The inspection team examines every space within the assigned facility, as well as the exterior and surrounding areas. Zone inspections are an annual walk-through of each facility to ensure they do not compromise sanitation, safety, efficiency, as well as the ensure the facility meets the mission of the user. U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

age, gear adrift, excess equipment, appearance, required postings of command information, unapproved or inappropriate materials, interior signage, status of reported discrepancies, and any other condition that compromises facility readiness

or good order and discipline are all being inspected," said Roy.

The inspections will continue on a weekly basis as the commanding visits all facilities in Zone 1 which are located north of Seventh Street.

August 7, 2014

Feds Feed Families Your participation makes a difference!



NCBC food donations as of:
Aug. 6 - 1,993 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

Congratulations to all FY 15 Chief Petty Officer Selectees



RACE ENGINES, DIRT BIKES, ATV's, CIGARETTE BOATS, ZODIACS

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

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



- Motivated / Volunteer
- Pass Navy PFA
- E4-E6
- No NJP
- No bankruptcy
- Obtain Secret/TS clearance

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

Energy Savings Tip: Put a stake in the Energy Vampire! Many appliances continue to use power even when they are switched off. These "vampire loads" occur in most stereos, printers and kitchen appliances. Vampire loads can be avoided by unplugging the appliance or using a power strip to control all power to the appliance.

Seabee Courier



Capt. Kevin Brown, right, commanding officer, Center for Seabees and Facilities Engineering (CSFE), Port Hueneme, presents Cmdr. Scott Anderson, outgoing commanding officer, Naval Construction Training Center (NCTC) Gulfport, with the Meritorious Service Medal during Naval Construction Training Center's change of command ceremony, July 29. (U.S. Navy photo by Senior Chief Mass Communications Specialist Jeffrey J. Pierce/Released)

NCTC Gulfport holds change of command ceremony

By Lt. Joseph Daniel Johnson
NCTC Gulfport Command Chaplain

Cmdr. Heather Walton relieved Cmdr. Scott Anderson as commanding officer, Naval Construction Training Center (NCTC) in a change of command ceremony on board the Naval Construction Battalion Center, July 29.

The change of command featured guest speaker, Capt. Kevin Brown, commanding officer, Center for Seabees and Facilities Engineering (CSFE).

"Navy command comes with high expectations and absolute accountability," Brown said. "The entire success or failure of the unit rests solely on the shoulders of the commanding officer."

He went on to say how Anderson exceeded expectations in the midst of numerous challenges.

"Skipper Anderson you

have done a tremendous job. Despite all the restrictions and data calls you maintained your command's focus on its most important mission, training Seabees, Airmen and Soldiers."

Anderson was officially recognized for his service with the presentation of the Meritorious Service Medal for keeping NCTC on course during sequestration, civilian furlough, personnel reductions, zero travel budgets, zero overtime or comp time and numerous gapped billets.

"There is not one of you that have not been affected by these in one form or another," Anderson stated. "I wish I could tell you there are better times ahead, but unfortunately there are more tough decisions to be made. It troubles me that I will not be here to see them through, but I trust in Cmdr. Walton's leadership and her ability to make the best decisions and recom-

mendations to ensure the success of our mission objectives."

As naval tradition dictates, once Anderson relinquished command to Walton, the new skipper addressed the audience.

"I am deeply honored to have been chosen for this tremendous opportunity and will do my utmost over the next couple of years to confirm the faith of those who selected me and to provide the men and women of NCTC Gulfport the support necessary to successfully accomplish our mission. As your commanding officer, I'm all in," Walton said.

Walton reported to NCTC Gulfport from Amphibious Construction Battalion (ACB) One in San Diego, Calif., where she served as executive officer. Anderson will report to Naval Construction Group (NCG) TWO and serve as the command's chief staff officer.

Biloxi chosen as site for 2014 Veterans Day parade

From Gulf Coast Veterans Parade, Inc.



The Gulf Coast Veterans Parade organization has been notified and is pleased to announce that the Veterans Day National Committee has chosen Biloxi, as a Regional Site for the celebration of Veterans Day 2014.

The Gulf Coast Veterans Parade organizes the Veterans Day Parade in one of the coast cities each year.

This will mark the 14th annual parade held on the Mississippi Gulf Coast since the inception of the organization in 2000.

This will be the seventh consecutive year that the Department of Veterans Affairs has selected the Gulf Coast Veterans Parade's host city as a Regional Site location.

The parade will be held in downtown Biloxi, Nov. 8, with the Massing of the Colors at the 11th Hour ceremony in front of Biloxi City Hall.

The parade will include all branches of active military service along with ROTC units from around the state, high school bands, Veterans organization as well as civic and corporate groups.

This year's parade in Biloxi will culminate with the second annual Red White and Blue on the Green Festival immediately following the parade. Musical entertainment, craft and food vendors and military static display exhibits will be located at the Biloxi Town Green for a family filled salute to our Veterans.

For more information, visit: <http://www.msveteransparade.com>

NCBC Housing Yard Sale

Aug. 16
8 a.m. - 1 p.m.

Place items for sale in front yard. To post advertisement of your yard sale on Facebook, email lladner@bbcgrp.com



Signs advertising your yard sale are only permitted to be displayed in your front yard.

Don't Be a Target!

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



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

Tracking UCT 2



Left: Steelworker 2nd Class (SCW/DV) Calvin Huckabee, Underwater Construction Team (UCT) 2, secures a zinc anode to an underwater cable at a depth of 102 of seawater to ensure the cable has proper cathodic protection, at the Pacific Missile Range Facility (PMRF), Barking Sands, Kauai, Hawaii. (U.S. Navy photo by Construction Mechanic 2nd Class Daniel Nichols/Released) Above: Construction Mechanic 2nd Class Daniel Nichols (SCW/DV), UCT 2, uses a cable tracker to identify and find deficiencies in an underwater cable at the PMRF. UCT 2's Construction Dive Det. Alfa is on the first of four stops during their deployment to the Pacific, where they will be conducting inspection, maintenance and repair of various underwater and waterfront facilities in support of the Pacific Fleet. (U.S. Navy photo by Steelworker 2nd Class Calvin Huckabee/Released)

Construction Battalion Maintenance Unit 202 Seabees prepare to say goodbye to NSB Kings Bay

By CM2(SCW) Travis J. Wyatt
CBMU 202

With the disestablishment of Construction Battalion Maintenance Unit (CBMU) 202 Det. Kings Bay due to force realignment, Naval Submarine Base (NSB) and the local community will soon be losing a valuable asset.

The Seabees first came to NSB Kings Bay in March 1995 when Construction Battalion Unit (CBU) 412 was established. In February 2005, CBU412 was re-designated as CBMU 202 Detachment Kings Bay. The Navy Seabees have a long lasting legacy in Naval history for their compassion and "Can Do" attitudes. Our local Seabees have proudly carried on that legacy over their past 19 years here.

Every year the Seabees assigned to the Detachment selflessly contribute thousands of hours to local volunteer organizations supporting such worthwhile community events as the Southeast Regional Special

Olympics, Relay for Life, Habitat for Humanity and The Humane Society. They have also contributed time in our local schools for career days, static equipment displays and the construction of playground equipment. The Seabees and their equipment are also staples at parades and auto shows throughout the area along with the annual Haunted House, which they host.

Serving the military community on NSB since March 1995, the Seabees have completed various projects to enhance the facilities, grounds, and mission readiness of the base. Some of these projects included the remodeling of the Navy Federal Credit Union, several upgrades to Trident Lakes Golf course, construction of restroom facilities near playgrounds, building a motorcycle training facility, grounds enhancements at Lake "D", watch towers, ammunition magazines, laydown yards, parking lots, as well as several other projects that increased mission

capabilities and quality of life on the installation.

During their 19 years of quality construction on board NSB, Seabees have saved the Navy over \$100 million in labor costs for base projects and have proven themselves as highly reliable when called upon for critical and time sensitive jobs. They have helped provide assistance during storm recovery efforts, disaster preparedness drills, and provided equipment to help secure the installation during the terrorist attacks on 9/11.

The 9/11 operational security of the base has stayed a part of the Seabees mission as they have provided support for countless security training drills and provide grounds, facilities, and equipment to aid with the training of Military Working Dogs. The Seabees also played a key role in the expansion of the security fence line, which included spreading concertina wire along 2 ¼ miles of patrol roads and installing six maintenance maintenance gates



Equipment Operator Constructionman Jennifer Mizenki, assigned to Construction Battalion Maintenance Unit (CBMU) 202 Det. Kings Bay, inventories collateral equipment on an MK-31 Medium Tactical Vehicle Replacement tractor. CBMU 202 Det. Kings Bay will hold a decommissioning ceremony, Sept. 5 on board Naval Submarine Base Kings Bay. (U.S. Navy photo by Construction Mechanic 2nd Class Travis Wyatt/Released)

around the installation.

The Seabees have been an integral part of the communities on and around NSB Kings Bay for the past 19 years and they will certainly be missed when they leave the base later this year.

So, as you enjoy many of the great facilities here, if

you see a Seabee, consider taking the time to say "thank you." The Seabees have helped make the base and local community a better place to live, work, and play.

CBMU 202 Det. Kings Bay will be decommissioned in a ceremony Sept. 5 at 10 a.m. on board NSB Kings Bay.

Focus on Education

Back to School bus safety

From NCBC Public Affairs

As summer vacations end, students across the country are preparing for the start of a new school year. Although bus safety may not be uppermost in a young student's mind, it is important for parents of children who ride a bus to go over school bus safety rules with them.

At the bus stop:

Have a safe place away from the street and traffic to wait for the bus. Don't play in the street while waiting for the bus.

Once the bus arrives, stay away from it until the driver comes to a complete stop and signals it is safe to board.

When dropped off, exit the



bus and walk 10 giant steps away from the bus to be out of the "danger zone."

Always cross the street in front of the bus. Never go behind the bus.

Stay away from the bus wheels and watch out for moving cars!

On the bus:

Go directly to a seat and remain seated and facing forward for the entire ride.

Talk quietly so the driver will not be distracted.

If you need to talk to the bus driver, wait for the bus to stop, raise your hand, and call the driver's name.

Never throw things on the bus or out the windows.

Keep the aisles clear at all times.

If there is an emergency, listen to the driver and follow instructions.

Education Notes

Coastline Community College Registration

Registration for Coastline Community College's Fall "A" term is now open until Aug. 19. The Fall "A" term begins Aug. 25, and ends Oct. 19. Additional information may be obtained by calling Dr. David Drye, 228-871-3439. DDRYE@COASTLINE.EDU or visiting the Navy College Office in Building 60, room 239.

Tuition Assistance Available

Tuition Assistance is still available and covers 16 semester hours (\$250), 24 quarter hours (\$166.67), or 240 clock hours (\$16.67) per fiscal year. Interested Sailors Should discuss their options with the Command Educational Services Officer (ESO) and their chain of command. Sailors must ensure that the school they wish to attend is accredited and authorized. For more information, visit the Navy College office in building 60, or https://www.navycollege.navy.mil/ta_info.aspx.

NEX Gives Back to students through A-OK Student Reward Program

By NEXCOM Public Affairs

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of August 2014.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Home-schooled students can also qualify with acknowledgment that the student has a "B" average or equivalent record of accomplishment.

Eligible students include dependent children of active duty military members, reservists and

military retirees enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services. Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded over \$640,000 to students with the help of its generous vendor partners.

NCBC School Liaison Officer

Naval Construction Battalion Center School Liaison Officer (SLO) Kevin Byrd, serves as a link between parents, educators and the command so military-connected children make a smooth school transition.

There are seven core components of the SLO program:

1. School Transition Support
2. Deployment Support
3. Special Education System Navigation

4. Communications: Command, Educator, Community, Parents
5. Partnerships In Education (PIE)
6. Home School Support
7. Post-Secondary Preparation

Kevin Byrd is located in MWR building #352, 1706 Bainbridge Ave. He may be contacted by email at kevin.r.byrd@navy.mil or by phone at 228-871-2117.

Higher Education Workshop

Two day workshop designed to guide you on:

- ❖ choosing a degree program and a college institution
- ❖ understanding funding issues
- ❖ evaluating military credits
- ❖ completing the admissions process



Fleet and Family Support Center

August 19 - 20
8 a.m. - 4 p.m.

•Call (228) 871-3000 to register.

•Helpful to military retirees or separating members planning to seek higher education.



'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Silent Treatment

I talk too much.

I'm the kind of person who has to fill awkward silences. Who can't tell a story without all the excruciating details. Who chats endlessly at base social gatherings, then wakes up the next morning, slaps her forehead and says, "Me and my big mouth."

I'm not exactly sure why I'm this way, but considering that every human personality trait from narcissism to Oedipus Complex has its roots in childhood, I'm guessing that's when it all started.

My father, who was shipped off to Fork Union Military School at the tender age of seven, was determined to be a more "hands-on" parent than his own. If my brother or I disobeyed my father, he simply selected from a variety of corporal punishments that were considered perfectly appropriate, if not advisable, in the 1970s. No one would have batted a powder-blue frosted eyelid back then if a parent gave his kid a whack on the tush for saying that she didn't walk the dog because she was in the middle of a particularly riveting episode of *Diff'rent Strokes*, or if she called her brother a "ginormous butt-face" while in line at Mister Donut.

Our father also selected from the myriad of non-corporal punishments such as sitting at the table until you finish every last bite of that succotash, grounding for coming home 20 minutes after Mom rang the bell, and knocking on the neighbor's door to confess that you dug for worms in her front lawn.

But there was one form of punishment that I consid-



ered worse than a lashing with my father's infamous three-inch white vinyl belt.

It was the dreaded "Silent Treatment."

When my father would refuse to acknowledge my presence for a period of hours or days, I had time to ponder the offense for which I was being punished, but also, I had plenty of time to feel regret for the 37 other things I'd screwed up in the past. It was sheer agony.

I would have volunteered to walk barefoot over a bed of bumblebees, run through a thicket of thorn bushes or take a carrot peeler to my shins if only my father would just speak to me.

Now, as an adult, I can't stand silence.

So, when my Navy husband and I stopped speaking to each other right before a 12-hour drive home from vacation last week, I found it particularly difficult. We had both had it. He'd had it with my extended family who we'd been living with in a small North Carolina beach cottage for two weeks, and I'd had it with him for having had it with my family.

We'd gone to bed angry the night before, backs to each other, vowing, "See how s/he likes this -- I'm not going to say a word!"

The next morning at 6 am, we hit the road in silence. The kids, oblivious to our temporary marital dis-course, slept soundly.

Through North Carolina, I sat, arms crossed, staring bitterly out the passenger's side window. In Virginia, I kept quiet, comforting myself with a small neck pillow. In Maryland, I dozed off. In Delaware, I couldn't specifically recall why we stopped talking to each other in the first place. In New Jersey, I just wanted us to be normal again.

"Are we going to get something to eat?" I croaked weakly, my vocal cords showing signs of atrophy after six hours of silence. "Yea, in just a few minutes," he said, his soft tone indicating that he wanted normalcy too.

After hoagies off the Garden State Parkway, we climbed back into our luggage-laden minivan for the remainder of our trip home to Naval Station Newport. In New York, we chatted about the news a little bit. In Connecticut, we were quiet again, only because we were tired.

Finally in Rhode Island, it was clear that our Silent Treatment had been a blessing rather than a punishment. In the absence of words, we had time to have regrets, and to miss each other. And I learned that talking doesn't always make things better.

Sometimes, silence is golden.

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



The commissary on board Naval Construction Battalion Center (NCBC) will hold a case lot sale Aug. 15 - 17. Patrons can expect savings of 50 percent or more on club pack and full case items. (U.S. Navy photo/Released)

Commissary customer appreciation days

By Jessica Rouse
DeCA Public Affairs Specialist

Back by popular demand are the commissaries' case lot sales. This time they're called Commissary Customer Appreciation Sales, and they offer savings of 50 percent or more on club pack and full case items.

Each stateside commissary – Alaska and Hawaii included – and Puerto Rico will have a two- or three-day case lot sale event Aug. 14 to Sept. 30. Naval Construction Battalion Center (NCBC) Gulfport's case lot sale will run Aug. 15 – 17.

"It's been nearly two years since our last case lot sale, and we are really excited to bring these back since they are so popular with customers," said Randy Chandler, the Defense Commissary Agency's director of sales. "These events can help families stock up for back to school, and they're also a great way to get your everyday bulk items at great prices."

Gulfport Commissary Case Lot Sale Items Description with savings percentage

Kraft Miracle Whip - 81%	Cheerios - 51%
Kraft Mayonnaise - 81%	General Mills Cinnamon Toast Crunch - 45%
Kraft Bbq Sauce - 75%	Kellogg Cereal On The Go - 49%
Snack Pack Pudding Cups - 38%	Charmin Bath Tissue 12 - 30%
Betty Crocker Cookie Pouches - 29%	Bounty Paper Towels - 30%
Top Ramen Noodles - 36%	Fruit 2 0 Water - 60%
Chow Mein Oriental Soup Bowl - 32%	Pringles Chips - 32%
Hunts Pasta Sauce - 44%	General Mills Chex Mix - 47%
Gatorade Sport Drinks 12 Pack - 39%	Kibbles N Bits Dog Food - 36%
Hawaiian Punch Drink - 17%	Tidy Cat Pails - 28%
Nongshim Noodles - 24%	Angel Soft Tissue - 27%
Koolaid 6 Packs - 21%	Beneful Dog Food Dry - 36%
Caprisun Variety Pack - 46%	Purina Dog Chow - 33%
Minute Maid Juice Packs - 33%	Purina Cat Chow - 38%
Green Mountain K-Cup Variety - 31%	Cottonelle Bath Tissue - 41%
General Mills Honey Nut	Viva Paper Towels - 25%

NCBC Helping Hands

AMERICAN LEGION POST 243 MOSS POINT - American Legion Post 243, 4400 Elder Street in Moss Point is asking for volunteers to repair their building's room and perform other building renovations. Roofing project is scheduled for Aug. 18 – 29. Material is furnished, but volunteers are asked to bring carpentry tools. Point of contact is Navy veteran Herman Jethrow, 404-427-8297.

SPECIAL OLYMPICS – Naval Construction Battalion Center (NCBC) is hosting a Special Olympics Aug. 23, 9 a.m. – 2 p.m., rain date: 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. Volunteers are needed to assist with setting up/tearing down event, escort athletes, run games, coordinate games and to register and score events. Two or more volunteers with MTRV Cargo and/or Loader licenses to pick up, offload and set up equipment and generators are also needed. For more information or to volunteer, please email Senior Chief Mass Communication Specialist Jeff Pierce at: Jeffrey.j.pierce1@navy.mil.

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.

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 Gulf-

port 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.

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.



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)

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 meeting will be at 5 p.m., for approximately 30 minutes, Nov. 3.

AUGUST 8-15



Highlights

Aug 1 @ ITT – Saints Preseason Tickets on SALE!
 Aug 8 @ LADDS CIRCLE – End of Summer Bash!
 Aug 15 @ Liberty & ITT Progressive Dinner!
 All Month @ NOR – Bicycle Rental Package!

August 8, 6-8pm
Ladd Circle

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:	

Downtown Gulfport Progressive Dinner Friday, August 15th

Appetizers!

Entrees!

Desserts!

\$37 for Liberty patrons
\$45 for ITT patrons
 Shuttle departs at 5:30 pm

Price includes only food at each restaurant!

Take a delicious food tour through Downtown Gulfport in one great night!

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

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



CORE 45 CLASS
Tues & Thurs

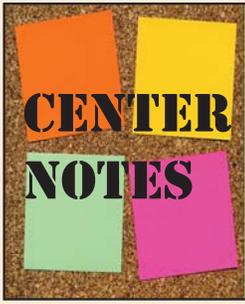
ZUMBA CLASS
Mon & Wed

WATER AEROBICS Class
Mon -Fri

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.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

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.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000