

# SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

February 27, 2014



## NMCB 1 Det Timor Leste

*"Education is the most powerful weapon which you can use to change the world."*

*-Nelson Mandela-*

Constructionman Mechanic, Brendan Taylor, and Construction Electrician 1st Class, Justin Faison, assigned to Naval Mobile Construction Battalion (NMCB) 1 teach students at Dili Institute of Technology about mechanical engineering. NMCB 1 will deliver the Navy's forward presence through its work with several host nations at its Construction Civic Action Details in PACOM and will continue to conduct construction operations in NORTHCOM. (U.S. Navy photo by Steelworker 3rd Class Amanda Reed/Released)

## Fashion show marks start of NMCRS active duty fund drive

By UTCN Alicia Fluty  
NCBC Gulfport Public Affairs

Worried about how you are going to pay your rent or mortgage? Did your car break down and you don't have the cash to fix it? Are you experiencing unexpected medical or funeral expenses? Is there a new baby on the way? Do you need to travel to the bedside of an ailing loved one? Are your family members in need of financial assistance?

These situations can be stressful to service member and their families who may not realize that the Navy Marine Corps Relief Society (NMCRS) is here to help them when the unexpected happens. The NMCRS is a non-profit program funded by donations

and created to help Sailors and Marines worldwide and their families who experience financial difficulties resulting from deployments, separations, family emergencies and other hardships of military life.

Each year, the NMCRS holds an Active Duty Fund Drive to help raise money that is recycled back to service members and their families with financial difficulties in the form of a no interest loan or grant.

This year, command representatives and key personnel met over breakfast at the Colmer Dining Facility to strategize and kick off the fund drive on board Naval Construction Battalion Center (NCBC) Gulfport, Feb. 21. During the breakfast, the first donation check was presented to NCBC Skip-

per, Capt. Paul Odenthal by Navy Exchange General Manager, Brandy Asher.

"This is the big one for me," said Odenthal about the NMCRS Fund Drive. "This is us lending money to ourselves and our troops. Every dollar, every penny, that gets put in by our troops into the Navy Marine Corps Relief Society comes back to troops."

Alice Huffman, Gulfport NMCRS director will be working with this year's Area Coordinator, Lt. Marvin Albers, assigned to Naval Mobile Construction Battalion (NMCB) 74, and Steelworker Chief Greg Laney, assigned to Naval Construction Training Center (NCTC).

Scheduled fund-raising events this year include a



Capt. Paul Odenthal, commanding officer of Naval Construction Battalion Center (NCBC), accepts a check from Brandy Asher, Gulfport Navy Exchange (NEX) general manager, as Alice Huffman, Navy Marine Corps Relief Society (NMCRS) director prepares to record the donation during the kick off for the annual NMCRS Active Duty Fund Drive, Feb. 21. Command representatives and key personnel met over breakfast at the Colmer Dining Facility to discuss this year's fund drive. The first fund-raiser is a Seabee Ball Gown Fashion Show at the Training Hall Feb. 28, 11:30 a.m. to 12:30 p.m. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

# Building resiliency - the key to recovering from difficulties

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**By Lt. Terrance J. Skidmore, LCSW, BCD**  
 FFSC Gulfport

What is Resiliency? - Simply stated, resiliency is the ability to recover. It is how we recover from illness, adversity, depression, etc. Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

Being resilient does not mean that a person does not experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone. Developing resilience is a personal journey. People do not all react the same to traumatic and stressful life events. An approach to building resilience that works for one person may not work for another.

A combination of factors contributes to resilience. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and trust; relationships that provide role models and offer encouragement and reassurance help bolster a

person's resilience.

7 ways to build resilience  
 ~ Make connections.

Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

~ Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

~ Move toward your goals. Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

~ Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

~ Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss.

Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

~ Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear. Nurture a positive view of yourself.

~ Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

For many people, using their own resources and the kinds of help listed above may be sufficient for building resilience. At times, however, an individual might get stuck or have difficulty making progress on the road to resilience.

If you or someone you know is having difficulties on the road to resilience, please contact the Fleet and Family Support Center at 228-871-3000. It is



important to seek professional help if you feel that you are unable to function or perform basic activities of daily living as a result of trauma or other stressful life experiences. The Fleet and Family Support Center has counselors available to assist you in developing a plan of action to get you on the road to a better future.

*About the author: Lt. Terrance J. Skidmore, LCSW, BCD, is a Licensed Clinical Social Worker who has joined the Gulfport FFSC staff after a tour in Bahrain. Lt. Skidmore has over nine years of clinical social work experience with a Bachelor's degree in Psychology from the University of Louisiana and a Masters of Social Work degree from Louisiana State University. He is a Board Certified Diplomate in Clinical Social Work by the American Board of Examiners and was commissioned as Medical Service Corps Officer with the U.S. Navy in 2012.*

**Fraud, Waste and Abuse Hotline:** Due to limited IG resources throughout the Southeast Regional, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE\_HOTLINE@navy.mil

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DoD

# Safe Helpline

Sexual Assault Support for the DoD Community

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: [www.Safe-Helpline.org](http://www.Safe-Helpline.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.



Capt. Paul Odenthal, left, commanding officer of NCBC Gulfport, helps slice the cake with Command Master Chief Moses Sampson, right, of Naval Mobile Construction Battalion (NMCB) 11, and Culinary Specialist Apprentice Jasmine Turner, of Naval Mobile Construction Battalion (NMCB) 133, for the Black History Month Special Cake Cutting Ceremony held at the galley on board NCBC Gulfport, Feb. 20. The ceremony was hosted by the Multicultural Diversity Committee and featured a timeline essay, remarks by the Skipper and a visual display featuring the biographies of prominent African Americans. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



Cmdr. Gordie Meyer, NCBC executive officer and Fleet and Family Support Center staff members, display the signed Military Saves Week proclamation at the Fleet and Family Support Center (FFSC) on board NCBC Gulfport, Feb. 24. Military Saves Week is a nonprofit campaign that seeks to support, boost, and encourage military families to save money, reduce debt and build wealth. As part of Military Saves Week (Feb. 24 – Mar. 1), FFSC planned multiple activities to encourage savings and sound financial strategies for all ages, including a Savings and Investment Forum for all with access to NCBC, a distribution of Financial Fit Kits to members of the Youth Activities Center and several community outreach activities at area high schools. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Seabee Constructionman John Patrick, assigned to Naval Mobile Battalion One (NMCB 1), Charlie Company, is frocked to Builder 3rd Class during Battalion Quarters, Feb. 6 on board Naval Construction Battalion Center (NCBC). The term frocking dates back to the Age of Sail, when communications between the Department of the Navy and ships at sea could take months. News of the promotion of an officer arrived, usually via letters brought by another ship, and often with orders for the newly promoted officer to report to a new ship or station. The ship that brought the news would often take that officer away to his new post. Since the departing officer created a vacancy on the first ship, the captain would often forward a recommendation for promotion for one of the remaining officers. (U.S. Navy photo by Yeoman Seaman Christian E. Martinez/Released)

# NCBC Frames

# FREEZE FRAME

**Engineering Aide 2nd Class (SCW)  
Christopher Kelly**  
Naval Construction Group (NCG) 2

By UTCN Alicia Fluty  
NCBC Public Affairs

FF: What single experience during your career stands out the most, and why does it stand out?  
**CK: In 2010, I deployed to PACOM with NMCB 11 in support of Pacific Partnership Station. We renovated a school for disabled children in Vietnam and a clinic in Indonesia. The experiences working in such unique places for people in need are some I will never forget.**

give to future Seabees and Sailors?

**CK: My advice is to self-educate. Competency in on the job starts with the individual. Engineering Aides (EAs) often find themselves isolated on a detachment expected to execute tasks extending beyond our formal training and experience. You have to figure it out.**

FF: What has been your biggest motivation throughout your career?  
**CK: The pride my family has in my continuation of our military tradition motivates me most.**

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

**CK: As a Seabee, I've been to Missouri, Mississippi, Cuba, Spain, Cameroon, California, Hawaii, Kwajalein Island, Okinawa, Vietnam, Indonesia, Guam,**

FF: What advice would you



**Djibouti, and Kenya. These memories are priceless.**

influential mentor during your career, and why?

**CK: EACS(SCW) Coe has always offered sound technical, pro-**

**fessional, and career advice that has helped me keep my EA skillset valued, relevant, and versatile.**

FF: Who was your most

## NMCRS Thrift Shop 5th Annual Seabee Ball Gown Fashion Show and Preview

Friday, Feb. 28, 11:30 a.m. - 12:30 p.m., Training Hall, NCBC  
 Light refreshments will be served

Preview event - all gowns will go on sale at the Thrift Shop, building 29  
 March 1, 10 a.m. - 1 p.m. (All gowns priced \$20 and under)  
 Proceeds benefit Navy-Marine Corps Relief Society Programs

**Electrical Outage Notifications - March 4:** The blinking stop light at the intersection of Bainbridge and Brown Ave will be down as light fixtures are replaced with LED lamps in the area from 9 – 11 a.m. **March 7:** A power outage is scheduled for 1 – 4 p.m., during a Lift Station 165 pump replacement. Affected facilities include the MCIT trailer, buildings 260A, 260B, 254, 462, 162, 71, 376, 458, 457, the Cable One signal booster at 8th Street and the Big Voice speaker #6. The outage may also impact cable T.V. service.

# Try on a Yellow Monster Mask

By CE2(SCW) Courtney Demastus  
NCBC Public Affairs

"Try on the yellow monster mask. What makes you glad?" These words were recited by Family Resiliency Trainer Bet Ramsey of Families OverComing Under Stress (FOCUS) from the book *Glad Monster Sad Monster* by Ed Emberley and Anne Miranda. The Child Development Center (CDC) NCBC Gulfport and FOCUS have been assisting four and five year olds with becoming more aware of emotions by combining story times with crafts. Medical research indicates children coming of this age begin to recognize emotions in themselves and others; which drove FOCUS to help military children of these ages to learn emotional communication.

In the fall of 2012, after convening with military parents, FOCUS purposed using story time as a helpful communication tool to CDC officials. Parents wanted their children to be able to express and communicate about positive and negative emotions associated with deployments and moving. Eighteen months later, the program



Preschoolers enrolled in the Naval Construction Battalion Center (NCBC) Child Development Center craft glad and sad monster masks after Site Director LPC Jane Carey and Family Resiliency Trainer Bet Ramsey of Families OverComing Under Stress (FOCUS) read *Glad Monster Sad Monster* by Ed Emberley and Anne Miranda, Feb. 20. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

still takes place on the third Thursday of every month at the CDC and has proven to be very effective in helping children understand their emotions.

Tina Gravit, a preschool teacher for CDC said, "it's a great program, the kids really enjoy it! I love it."

FOCUS invites and welcomes parents to join in on the fun and creative activities provided with stories; in fact they encourage service members and/or family members to attend. Even deployed parents can

partake in the activities. Parents who participate in United Through Reading can have their videos played at the CDC for their child's entire class to enjoy.

"It is great for deployed parents to send in book reading videos to their children because then a whole group of children can also experience it," said John Harttsell, a CDC Training and Curriculum Specialist. Parents already participating in United Through Reading can contact their child's CDC teacher for fur-

ther information on sending in their videos.

Service members who are interested in participation in story time or who would like more information on services available through FOCUS, may contact Debra Thomas at 228-822-5736 or visit the facility at 304 John Paul Jones, room 405 (Across from Pass Road Gate). For more information regarding United Through Reading contact your command's chaplain or religious program specialist.

## VITA Tax Assistance

Building 60, Room 116Z

VITA services are limited to: Active duty military; Retired members entitled to retired/retainer pay or VA compensation; Dependents of those listed above; Reserve military on active duty for 30 days or more; Emergency cases only for Reservists on active duty less than 90 days; Reservists during pre-mobilization; Reservists up to 30 days after demobilization; 20/20/20 spouses/dependents receiving transitional compensation; dependents of members separated for abuse consistent with 10 U.S.C. 1059. Call 228-871-3597/2301 for an appointment.

VITA is open Monday-Friday, 9 a.m. - 4 p.m., and Saturdays, 8 a.m. - noon, closed Sundays.



February 27, 2014

## Buzz on the Street



By CE2(SCW) Courtney Demastus  
NCBC Public Affairs

**"What opportunities do you feel the Navy has given you that you might not have had in the civilian world?"**



*"The Navy has let me travel and meet new people of different cultures. It has given me opportunities to make changes in the world and appreciate more of what we have in the United States."*

**BU3 Victoria Haley**  
NMCB 133  
Hometown: New Castle, Del.



*"I've gotten the chance to travel to other countries that I had never heard of and got to help people of those countries."*

**EO3 Michael Esche**  
NMCB 74  
Hometown: Borden Town, N.J.



*"I got the opportunity to travel and meet many people from all over the world. I've also been able to go to school and help excel my career."*

**BU3 Erin Falls**  
NCBC  
Hometown: Mishawaka, Ind.

## 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](http://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 Courier

# Center makes the big switch



Cmdr. Brian Nottingham, Public Works Officer Gulfport, explains the difference between old 250-Watt High Pressure Sodium light fixtures he is holding and the new 70-Watt LED fixture that Mark Ashley, Naval Construction Battalion Business Operations manager is holding. The new LED lights have a longer lifespan and give off a brighter, whiter light. (U.S. Navy photo by Chief Mass Communications Specialist Ryan Wilber/Released)



A Public Works contractor replaces standard lighting with energy-efficient LED lighting on board NCBC Gulfport, Jan. 22. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

## LED Efficiency Statistics

- ~ Life span of new LEDs: 100,000 hours on at 12 hours per day -- 20 years.
  - ~ New LED street lights cost: \$437k with \$52k savings per year, with \$\$\$ payback in 8.5 years
  - ~ New parking lot lights cost: \$491k with \$45k savings per year, with \$\$\$ payback in 10.9 years
- Total project cost: \$928k, with estimated \$\$\$ project payback in 9.6 years

From **NMCRS** page 1

Seabee Ball Gown Fashion Show at the Training Hall, Feb. 28, from 11:30 a.m. to 12:30 p.m. There will be 19 dresses modeled, but the remaining will be able to be previewed, after the show, on racks in the Training Hall. All modeled gowns, as well as the selection of other gently used gowns will go on sale at the Thrift Shop, March 1, 10 a.m. – 1 p.m. Dresses will be priced at \$20 or less and in the

interest of fairness; there will be a two gown limit on the first day of sales.

"We've had people try to buy up gowns and we want to give everyone interested the opportunity to take advantage," said Huffman.

Other Fund Drive events are a Run for Relief 5K Challenge March 29, and an Armed Forces Motorcycle Club (AFMC) of Mississippi-sponsored NMCRS Relief Motorcycle Poker Run on April 19. The fund drive will wrap up May

15 with the annual Bee Wash on the NCBC grinder which will give Center personnel an opportunity to donate money that goes toward their favorite command leaders heading out to the grinder to give the Bee its annual wash.

Albers encouraged the commands coordinators to plan other Fund Drive command events such as a Gas and Glass event, where volunteers can pump gas and clean the windshields for a donation or to hold donut and hot

dog sales, or to auction a parking space. He also mentioned that a new way to donate is online.

"The NCBC Gulfport goal is to achieve 100 percent contact to all service members. We are hoping to surpass last year's fundraising efforts that raised \$115K for the Navy Marine Corps Relief Society," said Albers.

According to Huffman, giving the Seabees, Sailors and Marines the opportunity to donate to Navy-Marine Corps Relief Society

each year and help out their shipmates or fellow Marines is important.

"Equally, if not more important, is the chance to make them aware of our programs and how their donations help. It is important that each individual make an informed decision and donate within their means."

For more information on how to donate or help, contact your command NMCRS representative or call NMCRS Gulfport, 228-871-2610.

## 72nd Annual Seabee Ball

Have you ordered your tickets yet? Be sure and purchase your tickets to attend the 72nd Annual Seabee Ball March 15. Tickets are going fast! Cocktail hour begins at 6 p.m. This year's guest speaker is Rear Admiral Morneau, Commander, Navy Expeditionary Combat Command. Tickets are now on sale and are payable by cash, or check made payable to the "Seabee Ball Fund." Contact your command rep for tickets. The CBC command rep is Lt. Kena Montgomery, 228-871-3922 or email: [kena.k.montgomery@navy.mil](mailto:kena.k.montgomery@navy.mil). Ticket prices are: E1 to E3: \$20; E4 to E6: \$30; E7 and

above, Retirees, and Civilians: \$40. If you plan on bringing a guest, the ticket price for him/her is equivalent to the price you pay for your own ticket. Uniform: E1 - E6: Service Dress Blues w/Large Medals; E7 - O3: Dinner Dress Blues; O4 & Above: Dinner Dress Blue Jacket; Civilians: Formal. Door prizes/dancing! Professional photographer - \$10 portraits. Free childcare until capacity is reached from 5 p.m. to 12:30 a.m. Sign up with ticket in hand at Child Development Center. Additional child care will be available for children ages 6 - 17 at the CBC Youth Center the evening of the Seabee Ball. Drop off time for the Seabee ball Lock-In will be 5 p.m., March 15 with pick up NLT 7 a.m., March 16. The event will be limited to 30,

and patrons must have all required registration information in order to attend. A fee of \$15 will be charged per child and will include admission to the Mississippi Surge vs. Knoxville Ice Bears hockey game, midnight snack, and breakfast. Please ensure children have eaten before drop off as we will be leaving shortly after for the hockey game. Extra money for souvenirs and snacks at game is encouraged but not required. Late fees will apply for pick up after 7 a.m., and will be strictly enforced.



# NMCB 74 Det Fort Campbell Kentucky



A



B



D



C

(A) - Builder Constructionman Holly Smith, attached to Naval Mobile Construction Battalion (NMCB) 74, performs some finishing touches on a project sign to be used for the obstacle course project located on Fort Campbell.

(B) - Construction Electrician 3rd Class Tiffany Taylor, attached to Naval Mobile Construction Battalion (NMCB) 74, performs finishing cuts for a sign to be used

in the obstacle course project located on Fort Campbell.

(C) - Builder Constructionman Justin Tapia and Builder Constructionman Randal Oates, attached to Naval Mobile Construction Battalion (NMCB) 74, work together to cut notches in a post for the obstacle course project located on Fort Campbell.

(D) - Builder Constructionman Lamar

Nash, attached to Naval Mobile Construction Battalion (NMCB) 74, cuts heavy lumber to be used in the construction of an obstacle course located on Fort Campbell. Operating forward, NMCB 74 strives to capitalize on engagement opportunities and build lasting relationships, ultimately paving the way for future partnerships.

(U.S. Navy photos/Released)

# Focus on Education

## Education Notes

### SAME ENGINEERING/CONSTRUCTION SUMMER CAMP

The Society of American Military Engineers (SAME) Mississippi Gulf Coast Post will sponsor three high school students from Harrison, Hancock or Jackson County who are interested in attending the Army SAME Engineering and Construction Summer Camp, June 22-28, in Vicksburg, Miss. The Post will pay the registration fee and a travel allowance for the attendees. The annual camp, hosted by the U.S. Army Vicksburg, provides high school students with a great hands-on experience in engineering and construction activities.

Camp agenda items include:

- ~ Leadership/Team Building activity
- ~ Geotechnical & Structures Laboratory activity
- ~ Coastal & Hydraulic Laboratory activity
- ~ Information Technology Laboratory activity
- ~ Environmental Laboratory activity
- ~ River Engineering activity
- ~ Computer aided design and drafting demonstrations
- ~ Construction site visit
- ~ Vicksburg Battlefield Engineering activity
- ~ Center for Advanced Vehicular Studies activity
- ~ Grand Gulf Power Plant site visit and activity

Deadline for application submission is March 14. For an Army SAME Engineering and Construction Summer Camp application, visit <http://samevicksburg.org/engineering-camp>. Once the application is completed, mail to: SAME, 3201 Upper Nixon Ave, Gulfport, MS 39501. For more information about the Gulfport SAME Post and a camp sponsorship, contact Ms. Lisa Noble at 228-871-2026 or [lisa.noble@navy.mil](mailto:lisa.noble@navy.mil).

### STOMP

Specialized Training of Military Parents (STOMP) is coming to Keesler AFB. STOMP will be in our area for a two day workshop in the areas of parent rights and responsibilities with regard to the Individuals with Disabilities Act, IEP's, 504's, TRICARE and ECHO, and more. STOMP is an organization dedicated solely to address the needs of military families who have family members with special medical or educational needs. STOMP will be at Keesler March 10-11. The workshop will take place at the Bay Breeze Event Center from 9 a.m. to 4 p.m. To register for the workshop or for more info, call 228-871-4257 or 228-376-8728.

### WILLIAM CAREY UNIVERSITY REPS ON BOARD

Representatives of William Carey University will be in the Navy College Service Office (second floor, Building 60) from 10 a.m. to 1 p.m., March 5, to answer questions and provide information on available degree programs that are offered at the University's campus in Biloxi. Campuses are located in Hattiesburg, and in Biloxi. For more information please contact: Kerry Cameron, Assistant Director of Admissions at [kcameron@wmcarey.edu](mailto:kcameron@wmcarey.edu), telephone 228-702-1815; or Bernie Cousins, Director, School of Business Programs at [bcousins@wmcarey.edu](mailto:bcousins@wmcarey.edu).

### Change of location for March Navy Exams

The March Navy-wide exams will be held in the "old gym," building 361. Exam dates are as follows: ~ E6 - March 6; ~ E5 - March 13; ~ E4 - March 20. Doors will open at 6:30 a.m., exam day.

## Students score VIP volunteer



Capt. Paul Odenthal, commanding officer, NCBC Gulfport, reads *The Stinky Cheese Man and Other Fairly Stupid Tales* by Jon Scieszka to Lindsey Ory's 4th grade class at Pass Road Elementary School in Gulfport, Feb. 21. The school started a volunteer reading program that invites people of the community to read to the students. The program is designed to encourage students, especially boys, to read more often. To volunteer or for more information on the reading program, contact Nikki Witherspoon, Pass Road Elementary School assistant principal, at 228-865-4659. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

## FEDERAL EMPLOYMENT 101

March 20, 9 – 11 a.m.  
Keesler Air Force Base\*\*  
500 Fisher Street, Biloxi  
Sablich Center, Building 0701  
Room 108B



To register please call 228.376.8728. Space is limited. Reserve your spot early. Agenda includes:

- ~ Account set up on [usajobs.gov](http://usajobs.gov) <<http://usajobs.gov/>>
- ~ Conduct a smart job search on this site
- ~ Interpret a job announcement to determine eligibility
- ~ How to answer the occupational questionnaire AND much more!

What's an occupational questionnaire? This event is for you!

Directions: Entering from Hwy 90 (White Ave Gate) go straight until you dead end at the base hospital. Turn left, and Sablich Center is the 2-story brick bldg. on the left, about a block down (area of left is a big parking lot). Enter through the South door (facing the fenced Combat controller agility course) and the classroom is off the lobby of the first door on the right.

\*\* Must be a military identification cardholder with base access, or be accompanied by a cardholder

### NCBC School Liaison Officer

Kevin Byrd is located at MWR, Building 352, 1706 Bainbridge Ave.,  
Phone: 228-871-2117, Email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Skiing on hot air fumes

"Do I ski? Well, of course," I've dismissed such questions with a pretentious chuckle. "I grew up skiing," I'd say, hoping my haughty response conjured up images of me slaloming between moguls, skidding to snow-spraying stops, and mingling in Nordic sweaters around cozy lodge fireplaces.

They don't need to know that my first skiing experiences were behind the YMCA in my rural Pennsylvania hometown. Two dollars provided my brother and I with mercilessly gouged rental equipment and unlimited rides on the slope's only lift -- a rudimentary rope tow with a sputtering motor that sounded as if it had been pirated from a lawn mower.

My 100 percent acrylic mittens not only failed to keep out the cold, but they made it nearly impossible to grip the ice-glazed rope tow. When I managed to clamp down hard enough, my body lurched forward unexpectedly, sometimes loosening my precarious grip and causing annoyed kids to stack up behind me like dominoes.

Eventually, our parents took my brother and I to the various local ski resorts: Hidden Valley, Seven Springs, Blue Knob, Laurel Valley. Having never heard of brand names such as Rossignol and K2, our family of four rented equipment and wore whatever we had in our closets, much of which was fluorescent orange or emblazoned with Pittsburgh Steelers insignia.

If we made it out of the slushy, clattering equipment rental rigmarole intact, we still had to get our skis on without making complete fools out of ourselves. Despite witnessing the experienced skiers pop their boots into bindings with minimal effort, I always seemed to



find myself doing the splits right there in front of all the cool people.

It wasn't pretty, but I persevered, getting up and falling down over and over again - putting on skis, getting on and off lifts, snow plowing, and sometimes, just standing there doing nothing. Besides knocking strangers over and forcing lift operators to stop the motors to clear my sprawled body off the exits and entrances, all that falling served to desensitize me to embarrassment over time.

One Christmas, my father outfitted our entire family in new ski paraphernalia. At first I couldn't wait to finally be "legit," but with the proper equipment and apparel came something I hadn't anticipated: expectations.

In my brother's old parka, no one batted an eye when I plowed into someone in the T-bar line. However, in my white Obermeyer jacket with the powder blue chevron and new Atomic Skis, people would actually expect me to know what I was doing.

In high school, my best friend, Patti, and I joined the Ski Club, boarding a coach bus to the ski resorts every Friday night. Other than rumors of who was making out with whom on the bus, Patti and I concerned ourselves only with the fake personas we would use to meet cute boys on the slopes. Even then, we understood the snobbery to which skiing lent itself. I became Brooke

Taylor from a snooty town in Connecticut, and she, Claire Townsend, my rich cousin visiting from some stuck up prep school.

We never got to use our alter egos, but in the process of trying to reinvent ourselves, we finally learned to ski.

Recently, a friend asked me to go skiing with her in the White Mountains of New Hampshire. A middle-aged Navy wife who has moved nine times in 20 years, I had gotten rid of my ski equipment many moves ago, and had not skied in years. "Do you ski?" she asked. Swallowing my panic, I chuckled my pat response, "But of course, I grew up skiing."

Adorned with hopelessly scratched equipment I rented from the base's Outdoor Recreation Center, I tried to quell my performance anxiety as the quad lift reached the summit. I felt out of place amongst the well-to-do resort families decked to the nines, even though I knew that, based on my appearance, onlookers were surprised to see that I could ski at all.

Later at the lodge, while nonchalantly sipping a plastic cup of hefeweizen and trying to look like a regular, I had a minor epiphany. Down deep beneath my faux-Nordic sweater, I knew that none of it -- YMCA rope tow humiliations, borrowed parkas, high school insecurities, rental equipment -- really mattered.

Just like everyone else in the lodge telling tall tales and walking like idiots in ski boots, I could ski. Snobbery was optional.

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

## Health Watch

### Did You Know? PSA eliminations do not terminate coverage

By Lt. Adam Susmarski  
NBHC Gulfport

Recently, some TRICARE Prime Service Areas (PSAs)—geographic areas where TRICARE Prime is offered—were eliminated. The elimination of these PSAs did not change the TRICARE benefit for active duty service members or their family members living in these locations and enrolled in TRICARE Prime. TRICARE Prime-enrolled retirees and their family members in affected areas may be able to reenroll in TRICARE Prime at a military hospital or clinic or with a primary care manager in a remaining PSA, depending on location. Retirees and their family members who do not reenroll in TRICARE Prime will be automatically covered by TRICARE Standard and TRICARE Extra, which are consistently rated highly in beneficiary surveys.

To determine PSA locations, visit [www.tricare.mil/psazip](http://www.tricare.mil/psazip) to access the Web-based PSA ZIP Code Look-Up Tool. Enter a ZIP code and the tool will show you if that area is in a PSA. ZIP code listings are regularly updated. You can also find additional information, get answers to frequently asked questions, and sign up for e-mail updates.

If you need to find a new TRICARE-authorized provider, visit [www.tricare.mil/findaprovider](http://www.tricare.mil/findaprovider).

For the latest information on PSA changes, visit [www.tricare.mil/psa](http://www.tricare.mil/psa).

Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account ([www.relay-health.com](http://www.relay-health.com)) to contact or follow-up with your provider.

### Is Gulfport Blue Right for You?



Gulfport Police Department Open House  
March 13, 9 - 4:30 p.m.

2220 15th Street  
Gulfport

- 9 a.m. ~ Introduction
- 1 p.m. ~ Turn in Applications (application stations will be available)
- 2 p.m. ~ Civil Service test
- 4:30 p.m. ~ Physical agility test

Throughout the day there will be:

- ~ SWAT Presentation
- ~ Forensics
- ~ Tour of GPD
- ~ Shooting Simulator
- ~ K-9 Demo
- ~ TASER Demo
- ~ Motor Display
- ~ Reps from HR

Recruiter: Captain Pat Pope: 228-868-5940 or  
[PoliceRecruiter@gulfport-ms.gov](mailto:PoliceRecruiter@gulfport-ms.gov)

# NCBC Helping Hands

## DE L'EPEE DEAF CENTER SPRING CLEAN UP

Interested in volunteering for yard work? Bring your gloves and rakes to the de l'Epee Deaf Center, 1450 North Street, Gulfport March 8 at 8 a.m. – 1 p.m. Breakfast, lunch and drinks provided for all volunteers. For questions or to sign up, contact Gregory Crapo, 228-897-2280.

## HELP A WOUNDED WARRIOR

A Veteran who was wounded during one of his four deployments to Iraq, is in need of assistance refurbishing his home in Ocean Springs. Construction, electrical and plumbing help is needed. If you have some spare time to volunteer, please call Lee at 228-383-4498.

**C4AC** – Costumes for a Cause, a local nonprofit needs volunteers for the Spring Mayhem Festival at the Harrison County Fairgrounds, April 4-5. Volunteers will assist with games and concessions. For more information, please contact Julie at 228-861-9270.

**BILOXI VA** - Two opportunities to volunteer at the Biloxi Veterans Hospital.

**April 10:** Volunteers are needed to escort patients from between buildings at the Biloxi Veterans Hospital April 10 at 10:15 a.m.

**April 18:** Biloxi Veterans

Hospital is having an awards ceremony for their volunteers and they are looking for volunteers who would come to the ceremony and show off their talents by doing a skit, sing or dance. If you are interested in this unique opportunity to volunteer, please call Susan at 228-871-3640.

**MISSISSIPPI GULF RESORT CLASSIC** – MGRC golf tournament is looking for more than 700 volunteers March 17 – 23. To volunteer visit: [www.2014mgrc.com](http://www.2014mgrc.com) and click the "new volunteer" tab to get started. Enter registration code: MILITARY for a FREE volunteer package. Click the "Register button and proceed. Questions? Contact Rob Mims, NCBC public affairs officer, 228-871-2699 or 701-330-1169.

**28TH STREET ELEMENTARY** 28th Street Elementary needs approximately 25 volunteers to proctor tests the week of April 29 – May 2 and May 13-15. To volunteer, contact Jill Conwill, [jill.adams@gulfportschools.org](mailto:jill.adams@gulfportschools.org).

**ANNISTON ELEMENTARY** Anniston Elementary, 2314 Jones Street, Gulfport, is in need of proctors for May 13-15, for the Mississippi State Test - MCT2. There will be a short training regarding test protocol and security before these dates that can be scheduled on a case by

case basis. Volunteers will need to be at the school on testing days at 7:15 a.m., and remain until all students in their assigned room have completed the test. Please contact Rebecca Pacher at 228-896-6309 or [rebecca.pacher@gulfportschools.org](mailto:rebecca.pacher@gulfportschools.org) if you can help.

## LONG BEACH HIGH SCHOOL MENTORSHIP INITIATIVE

Long Beach High School is seeking 200 volunteers to serve as mentors at LBHS by May 2015. Mentor training will take place at the end of this school year and each volunteer will receive a Mentor Handbook to assist in preparing students for success. If you are interested in participating in this project please complete a Long Beach High School Volunteer Application and e-mail the school at [vivian.robinson@lbsdk12.com](mailto:vivian.robinson@lbsdk12.com) or contact LBHS Principal Peter Dabbs at 228-863-6945 for more information.

## GULFPORT SCHOOLS IN NEED OF TRANSLATORS

The Gulfport School District is looking for volunteers to translate on an as needed basis. Currently there is a need for Spanish, Vietnamese and Chinese translators. To volunteer, or for more information, please contact Velma Johnson, 228-865-4611 or [\[gulfportschools.org\]\(http://gulfportschools.org\).](mailto:velma.johnson@</a></p>
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**BOOST READING PROGRAM** - 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested in volunteering, please call Samantha Benson, 228-867-2140.

## NAVAL SEA CADET CORPS

The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. To volunteer, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

**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](http://www.usovolunteer.org). This website allows you to keep track of your hours. Contact Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org) for details.

## COAST SALVATION ARMY

Volunteers are needed for various projects throughout the year. Contact Shawna\_Tatge@uss.salvationarmy.org if you have a bit of spare time.

## HELP SENIORS AND DISABLED CITIZENS

Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

## NAVY-MARINE CORPS RELIEF SOCIETY

The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call 228-871-2610.

## Seabee Memorial Chapel



### Religious Services

Sunday:

Contemporary: 8 a.m.

Catholic Mass: 9:30 a.m.

Protestant: 10:30 a.m.

Weekday Mass:

Tuesdays at 11:15 a.m.

### NCBC Center Chaplain:

#### Lt. Cmdr. Ammie Davis, Chaplain

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

## What's happening at the Chapel?

### Sundays

- Contemporary (Gospel) Service: 8 a.m. (childcare available via volunteers)
- 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.
- Contemporary (Gospel) Praise and Worship Team Practice: 5 p.m. (childcare/nursery available via volunteers)
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Prac-

tice: 6 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 meetings will be at 5 p.m., for approximately 30 minutes Feb. 3, May 5, Aug. 4 and Nov. 3.

# CENTER NOTES

## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

**NMCB 74 FRG** All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for details.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime

Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

## FOCUS

**Families OverComing Under Stress (FOCUS)**, provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228-822-5736 or email [Gulfport@focusproject.org](mailto:Gulfport@focusproject.org)

**Gulfport Officer's Spouse Club** The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email [goscgulfport@gmail.com](mailto:goscgulfport@gmail.com) or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

**Navy Wives Clubs of America, Inc.** The Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsof-america.org](http://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 nationwide 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](mailto:Region63@juno.com) or 850-890-6792.

## PMI Membership Drive

The Project Management Institute ([www.pmi.org](http://www.pmi.org)) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact Mike Saunders at [saundersmt@earthlink.net](mailto:saundersmt@earthlink.net)

or Len Krapcha at [lkrapcha@aol.com](mailto:lkrapcha@aol.com) for more information.

## SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

**NCBC Multi-Cultural Diversity Committee** is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact 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 Auxiliary to the VFW Post 3937 Long Beach** would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road,

Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

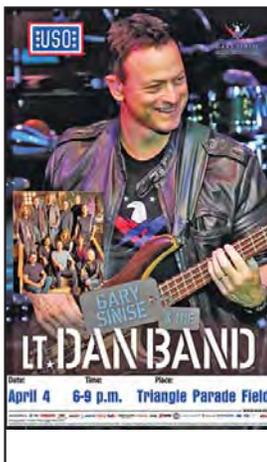
**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

**D.A.V. - Disabled American Veterans, Chapter 5** invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more about our organization.

**Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-24w88 or Robert Smith at [Robert.p.smith5@navy.mil](mailto: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](http://www.nsva.org).

## HERITAGE

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeesmuseumstore.org](http://www.seabeesmuseumstore.org) or call the gift store for more information at 228-871-4779.



**Free Concert!**  
6-9 p.m. April 4  
Triangle Parade Field

Concessions available.  
Bring your own lawn chair.  
No personal coolers allowed.  
<http://www.ltdanband.com/>

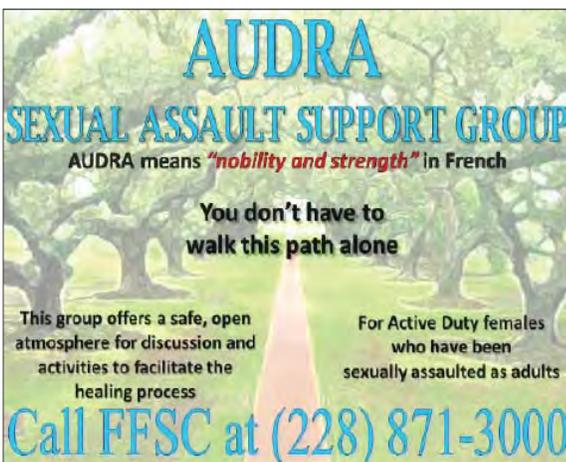
Sponsored by:  
Dr. R. Horton, Forest City, Harrison County Board of Supervisors,  
Kessler Federal Credit Union, Mississippi Coast Coliseum,  
People's Bank, Box Distributing, Sunbelt Rentals, Toast & USA.

**LT DAN BAND**  
Date: April 4 Time: 6-9 p.m. Place: Triangle Parade Field



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

## Free Movies at the Training

### Hall

And, don't forget about the fresh buttered popcorn and cold drinks at that sweet price that won't break your wallet!

**Movie Hotline: 228-871-3299**

**Friday, Feb. 28:** 6 p.m., Ender's Game, PG13; 8:30 p.m., Last Vegas, PG13  
**Saturday, March 1:** 2 p.m., Frozen, PG; 4:30 p.m., Hunger Games, Catching Fire, PG13; 7 p.m., Lone Survivor, R;  
**Sunday, March 2:** 3 p.m., Saving Mr. Banks, PG; 5:30 p.m., Tyler Perry's: A Medea Christmas, PG13; 8 p.m., Philomena, PG13

### MWR Program Contacts

Anchors and Eagles, 228-871-4607/Auto Skills Center, 228-871-2804/Beehive All Hands Club, 228-871-4009/Child Development Center, 228-871-2323/Fitness Center, 228-871-2668/Information, Tickets & Travel, 228-871-2231/Liberty Center, 228-871-4684/Seabee Heritage Center, 228-871-3619/Navy Outdoor Recreation, 228-871-2127/Shields RV Park, 228-871-5435/The Grill, 228-871-2494/Training Hall, 228-871-4750/Youth Activities Center, 228-871-2251 Main Office, 228-871-2538

# SPIKE THE GYM!

## IM VOLLEYBALL League

Sign your team up from Feb 12- Feb 24  
 POC meeting on Feb 28 @1300  
 Season runs Mar 6 - Apr 8

Block Bump Dig Dink Dive Dump  
 Pass Set Spike Tip Screen Volley

Don't Skip Out Skip Rally Ball Short  
 Hit Camp Hit Jump Serve Kill  
 Hit

Contact Sport Coordinators @ 822-5109 for details

# SHIP ISLAND EXCURSION

Your ticket to:

## Relaxation

## Recreation & History

## \$24.25/ Adults

## \$15.50/ Child

(3-10yrs)

228-871-2231

The vouchers sold at ITT are good for the entire 2014 Ship Island Season (NOW - October 26) but will be void after the season is over October 26. No refunds will be given for vouchers not used within this time frame.

## GRAND SLAM

### Intramural

## SOFTBALL LEAGUE

Call Sports Coordinator @ 822-5109 for details

<b>Sign Up</b>	<b>POC Meeting</b>	<b>Season Runs</b>
March 17- April 1	April 4	April 15- June 19

# Couch to 5k

**FREE 8 Week program designed to train the normal COUCH POTATO into a RUNNING MACHINE!**

Begin March 3, End May 2<sup>nd</sup>  
 Run the 5K on May 2<sup>nd</sup> @ 0630  
 and receive "I survived the Couch to 5K" T-Shirt

Sign up @ the Fitness Front Desk from February 10<sup>th</sup> - February 28<sup>th</sup>

Available to ALL HANDS~!

Contact Michael McLaughlin @ 822-5108 for details

## Happy Mardi Gras!

### NAVY OUTDOOR RECREATION MARCH SPECIAL!

Rent ANY Inflatable and receive choice of popcorn/cotton candy machine, 1 table & 6 chairs OR an Ice-Filled 120qt. Cooler for FREE!  
 (deposit still applies)

Safari Toddler

**Bouncy Houses Daily Rental**  
 Fees Range from \$40 - \$140

Parent Testimonial:  
 I rented the sports combo bouncy house on Saturday and was able to bring it back on Monday for only \$56! This is a steal! Not only did the kids have a blast all weekend but I was able to SIT (unheard of for a mom) in my lawn chair and watch the children have a safe and fun time at my own home. What a great weekend! Thank you so much - Tammie Holland, 1/17/14

Sports Combo