

# SEABEE COURIER



Paloma Gullede, left, and Peggy Oatis, food servers at the Colmer Dining Facility on board NCBC Gulfport, serve lunch to Seabees as they line up to get their meal, June 13. The Colmer Dining Facility was recently awarded its seventh 5-Star accreditation from the Naval Supply Systems Command (NAVSUP). (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

## Colmer Dining Hall attains seventh 5-Star accreditation

By UTCN Alicia Fluty  
NCBC Public Affairs

The Colmer Dining Facility or as it is commonly referred to on board Naval Construction Battalion Center (NCBC), "The Galley," recently received its seventh five-star accreditation following an annual Naval Supply Systems Command's (NAVSUP) inspection.

The two-day inspection was conducted by Chief Warrant Officer 4 Charles Jakes, regional food service officer and Phil Crane, galley program manager, Commander Navy Installations Command (CNIC).

During the inspection the galley was graded in multiple areas, including menu planning, administra-

tion, management, facilities, equipment and utensils, safety, training, sanitation, procurement, inventory as well as Financial Improvement and Audit Readiness (FIAR) compliance.

Operating under the leadership of Lt. Cmdr. Kevin Kent, Chief Culinary Specialist Matthew Houston and Lead Culinary Specialist 1st Class Gloria Medina, the Galley's team is made up of 23 culinary specialists who prepare three meals a day for approximately 800 service members.

According to Medina, the dining hall's score increased since last year's inspection, and she gives credit for the success to the current gal-

See 5 Star page 5

## UTs experience more hands-on training at NCTC Gulfport

By UT2 Charlie Kissam  
NCTC Gulfport and  
CE2(SCW) Courtney  
Demastus  
NCBC Gulfport Public Affairs

Utilitiesmen (UTs) scheduled to attend "C" school at Naval Construction Training Center (NCTC) on board Naval Construction

Battalion Center (NCBC) Gulfport may be in for a pleasant surprise when they experience the new curriculum recently implemented during a major course revision. Along with new "G" school formatting, the schoolhouse has beefed up its existing course information output,

and added lab scenarios that are both modern and realistic to the UT rate.

Previously, the course of instruction was 11 weeks long and relied heavily on classroom instruction. The new course is 16 weeks long and involves more

See NCTC page 6

## NMCB 74 AP Rota Homecoming



Friends and family reunited with Naval Mobile Construction Battalion (NMCB) 74 Seabees on board Naval Construction Battalion Center (NCBC) Gulfport, June 18. More than 90 members of NMCB 74's Advanced Party (AP) Rota returned from their final deployment before the battalion is decommissioned in July. The remainder of the deployed Fearless Seabees are expected to return in late June or early July from a six-month deployment to multiple sites including Rota, Moron, Spain; Romania, Israel; Djibouti, Niger, Cameroon, Africa; Bahrain and the Bahamas, as well as stateside locations in Kentucky and Florida. The battalion will be decommissioned July 25, in a ceremony on board NCBC. NMCB 74 veterans are encouraged to attend the ceremony and are asked to contact Lt.j.g. Michael Crum (michael.r.crum@navy.mil), NMCB 74 Public Affairs Officer. (U.S. Navy photo by Lieutenant Junior Grade Michael Crum/Released)

# Recently at the Courthouse

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Courts-martial in Navy Region Southeast recently heard the following cases:

At a General Court-Martial in Jacksonville, Fla., Chief Electronics Technician Martin Anderson, was tried for sexual assault and assault with a loaded firearm. On May 12, the military judge returned a verdict of not guilty to assault with a loaded firearm, but guilty to sexual assault. The military judge sentenced him to be discharged with a Dishonorable Discharge, reduction in rank to paygrade E-4, and confinement for 14 months.

At a General Court-Martial in Jacksonville, Fla., Machinist's Mate 1st Class Edward Martin, pleaded guilty to stalking, assaults consummated by a battery, cruelty to animals, domestic abuse, and communicating a threat. On May 15, the military judge sentenced him to be discharged with a Dishonorable Discharge, reduction in rank to paygrade E-4, and confinement for 28 months.

At a General Court-Martial in Mayport, Fla., Missile Technician 2nd Class Tyler Schneider, pleaded guilty to sexual assault. On May 15, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-1, and confinement for 1 year.

At a Special Court-Martial in Jacksonville, Fla., Aviation Boatswain's Mate 2nd Class John Ocampo, pleaded guilty to fraudulent separation. On May 6, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-1, a fine of \$10,000, and confinement for 120 days.

At a Special Court-Martial in Jacksonville, Fla., Aviation Boatswain's Mate 2nd Class John Ocampo, pleaded guilty to uttering checks without sufficient funds. On May 6, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-1, and confinement for 120 days.

**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



Honor the past Support the Future

Vote!

## Armed Forces Voters Week

### June 30 - July 7

Armed Forces and Overseas Citizens Voters Week is June 30 - July 7, With the November 4th general election right around the corner, now is the time to register to vote. Voting is one of the fundamental rights enjoyed by U.S. citizens and a freedom that we defend each and every day. Sailors, their family members, and citizens overseas who want to register to vote absentee can complete a Federal Post Card Application (FPCA) online at FVAP.gov. Voters who require assistance can contact their command Voting Assistance Officer (VAO) or visit an Installation Voter Assistance Office. The Voting Assistance Officer for NCBC is Mr. Roger Hudson, who can be reached at 228-871-2663 or in Building 1 room 229.

Now let's all get out there and Vote!

Live 1-on-1 Help    Confidential    Worldwide 24/7



**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.SafeHelpline.org](http://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.



**June 2, 2014 - August 27, 2014**

**Federal employees will join together to collect food nationwide for local food banks. Please bring non-perishable food items and place them into a designated collection box located in your Federal workplace.**



**Children & Families are in great need of donated food this summer.**

[fedsfeedfamilies.gov](http://fedsfeedfamilies.gov)

**"Participate and Make a Difference"**

**DROP-OFF LOCATIONS**

- \*NEX
- \*CHAPEL
- \*FLEET & FAMILY
- \*COMMISSARY
- \*HOUSING
- \*ALL QUARTERDECKS
- \*MEDICAL/DENTAL
- \*LIBERTY CENTER

LCDR Roy: 702.466.9746  
[charles.roy@navy.mil](mailto:charles.roy@navy.mil)

BU3 Falls 228.871.2454  
[erin.falls@navy.mil](mailto:erin.falls@navy.mil)

**New to military family housing?**

Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel on the first and third Wednesday or the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.



Active, Reserve, veteran, retired personnel and family members socialize with various representatives during the Military Community Career Fair (MCCF) held at the Naval Operations Support Center (NOSC), on board NCBC, June 12. Community organizations and businesses in attendance included AutoZone, The Home Depot, Memorial Hospital, Penhall Company, Trinity Careers and others. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



Phlebotomist Dinsha Jackson, of the American Red Cross, Gulf Coast Chapter (ARCGCC), draws blood from Builder Constructionman Keanu Rojas, assigned to Naval Mobile Construction Battalion (NMCB) 74, during a Blood Drive held at the auditorium in building 447 on board NCBC Gulfport, June 11. (U.S. Navy Photo by Builder Constructionman Apprentice Elizabeth Archer/Released)

Engineering Aid 2nd Class Deron Rogers and Engineering Aid Constructionman Jessica Couviller, assigned to Naval Mobile Construction Battalion (NMCB) 133, secure the level and tripod to begin plotting elevation points for the Morale, Welfare and Recreation (MWR) Road Project, on board NCBC Gulfport, June 10. NMCB 133 crews will be improving drainage of the road way around the MWR Outdoor Recreational Center (ORC) and possibly prepare for a future pavement project. OCR hours of operation are: Mondays, 8 a.m. - 1 p.m., Thursdays and Fridays, 10 a.m. - 6 p.m., Saturdays, 7 a.m. - 1 p.m. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



# NCBC Frames

Danny Calhan  
Operations Manager  
Morale, Welfare and Recreation (MWR)

# FREEZE

# FRAME

By UTCN Alicia Fluty  
NCBC Public Affairs



**DC:** My biggest motivation has been my desire to constantly improve the programs and activities that we offer and making them bigger and better than before. When a Sailor leaves to go to their next Duty Station I want MWR to be the first thing they mention when talking about their time in Gulfport.

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

**DC:** The advice I would give would be to balance your personal life and professional life. When you're not at work get out and enjoy everything that the base and community has to offer.

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

**DC:** My favorite part about working with the

Seabees is the people. The Navy is made up of such a diverse group and getting to know their individual stories has always interested me and helps me better meet their needs from a quality of life standpoint.

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

**DC:** The first MWR Di-

rector I worked for is probably the most influential mentor during my career. No matter how busy he was he always found the time to go to the facilities and programs and interact with the customers. You just knew that he cared about the Sailors, the program and most of all, the employees.

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

**DC:** The one experience that stands out the most is working as the MWR Director at Camp Lemonnier, Djibouti for three years. It is not very often that you are given the opportunity to build a program

from the ground up and help shape the future of an Installation. The position was both challenging and rewarding, I can't think of a place where MWR is more needed and appreciated.

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

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter;

subscribe to Inside the Gate by sending an email to [bonnie.lindlemcgerr@navy.mil](mailto:bonnie.lindlemcgerr@navy.mil). Check out the new

and improved website at: [http://www.cnbc.navy.mil/regions/rse/installations/ncbc\\_gulfport.html](http://www.cnbc.navy.mil/regions/rse/installations/ncbc_gulfport.html)

## Buzz on the Street

By CE2(SCW) Courtney Demastus  
NCBC Public Affairs

*"What did you think about the Military Community Career Fair? Do you have any advice or tips to add for those who couldn't attend?"*



"It was good, it gave out a lot of great information. Seek out these programs through FFSC; they're very helpful."

**BU2 Samuel Putz**  
NMCB 74  
Hometown:  
Minneapolis, Minn.



"It brought a lot of different job opportunities in one spot, not only helping our Sailors but their spouses as well. Start early on your resumes and job searches, especially for those transitioning or retiring."

**Lt. Cmdr. Rodrick Tester**  
CO, NOSC  
Hometown: Brainerd, Minn.



"It had a good turnout of employers seeking to hire transitioning service members. Contact FFSC for future workshops or classes: 228-871-3000."

**Saudi Rodgers**  
Financial Spec., FFSC  
Hometown: Moss Point, Miss.

# You have the right to choose a healthy lifestyle

By CE2(SCW) Courtney Demastus and BUCA Elizabeth Archer  
NCBC Public Affairs

The Defense Commissary Agency (DeCA) will sponsor the Healthy Lifestyle Festival across 236 worldwide installations for service members and their families. The Commissary, Navy Exchange (NEX), Naval Branch Health Clinic (NBHC) and Morale Welfare Recreation (MWR) will host the 2014 festival on board NCBC Gulfport. All persons with base access are invited to attend the festival June 20, 11 a.m. to 3 p.m., and check out discounted prices at the Commissary and NEX through June 22.

Reinforcing the health and wellness goals of the military community, DeCA promotes, "Shop Healthy, Eat Healthy, Be Healthy."

Staying true to the motto, NCBC Gulfport's 2014 Healthy Lifestyle Festival will feature a farmers market, sidewalk sales, MWR fitness events, prize giveaways, music, free food samples, health and wellness information and children's programs.

For more information about the Healthy Lifestyle Fair, visit: <http://www.commissaries.com/healthy-lifestyle-festival.cfm>.



Navy spouse Lauren Sharp grocery shops for fresh produce at the Commissary on board NCBC Gulfport, June 17. The Commissary, Navy Exchange (NEX), Naval Branch Health Clinic (NBHC) and Morale Welfare Recreation (MWR) will host a Healthy Lifestyle Fair June 20, 11 a.m. - 3 p.m., and promote discount sales through the weekend. (U.S. Navy photo by Builder Constructionman Elizabeth Archer/Released)

[www.commissaries.com/healthy-lifestyle-festival.cfm](http://www.commissaries.com/healthy-lifestyle-festival.cfm).

People interested in attending the NCBC Gulfport festival can visit: <http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCSKF>, or call: 228-871-2039.

## Buzzworthy

Current topics we are thinking and talking about

Courtesy of NAS Kingsville Public Affairs

**Domestic Violence:** Most female victims of intimate partner violence were previously victimized by the same offender – 77 percent of females ages 18 to 24, 76 percent of females ages 25 to 34, and 81 percent of females ages 35 to 49.

Have you ever thought that you may be behaving in a way that could be physically or mentally harmful to your partner? These behaviors are often difficult to recognize if you're the one doing them — but acknowledging that you may be hurting your partner is the first step in moving toward a healthier relationship. Check in with yourself: How do you act toward your partner?

National Domestic Violence Hotline advocates are available 24/7 at 1-800-799-SAFE (7233) in over 170 languages. All calls are confidential and anonymous. <http://www.thehotline.org/help/>  
**SAPR:** DoD Safe Helpline is a groundbreaking crisis support service for members of the DoD community affected by sexual assault. The service is confidential, anonymous,

secure, and available worldwide, 24/7 by click, call or text — providing victims with the help they need anytime, anywhere.

~ Telephone Helpline - 877-995-5247- Safe Helpline provides live, confidential help over the phone. The Telephone Helpline staff can even transfer callers to installation/base Sexual Assault Response Coordinators (SARCs), Veterans Benefits Administration (VBA) Coordinators, Military OneSource, the National Suicide Prevention Lifeline, and civilian sexual assault service providers.

Online Helpline- Safe Helpline provides live, confidential help through a secure instant-messaging format at [www.Safe-Helpline.org](http://www.Safe-Helpline.org) The website also contains vital information about recovering from and reporting a sexual assault.

**Suicide Prevention:** Simple ACTs of kindness make a difference . . . and may save a life.

ASK if someone is depressed and thinking about suicide.

Let them know you CARE.

Get them assistance (TREATment) as soon as possible.

**Alcohol:** *How do I approach a friend who has had too much to drink? I mean, I don't want to lose a friend.*

The first time is the hardest, but your actions could

save your friend's life or that you cannot let them drive home because you care. Offer to let the guest spend the night, call a cab, or ask a sober guest to drive the intoxicated person home.

- Engage him/her in a conversation to slow down the drinking.

- Offer high protein food.
- Offer to make the next drink and use less alcohol.

- Don't be afraid to insist that they sit out the sipping for a while or switch to beverages of the non-alcoholic variety— sparkling cider makes a great substitute for a glass of champagne.

**Drug Use:** If you find yourself in a situation where you have to make a conscious decision about using drugs remember this last year over 4,500 Sailors found themselves in that same situation and they made the wrong choice. They received Other Than Honorable Discharges and lost all their education benefits.

For information on the Navy's drug and alcohol policies and programs, please contact your Command DAPA MA1(EXW) J.B. Watson.

**\*\*The bottom line shipmates:** In all of the above, YOU are the key to our success in the Navy! Intervene, speak up and look out for one another . . . don't be the one who stands by and watches a shipmate fall.\*\*

From 5 Star page 1

ley personnel whom she describes as hard workers that take pride in their jobs.

"We are pleased with the score. A lot of hard work, training and man hours went into getting prepared for the inspection," said Medina.

Everyone at the Galley seemed pleased after hearing the news of their accomplishment.

"Being that it's my first year at the Colmer Dinning

facility I feel a sense of accomplishment," said Culinary Specialist 2nd Class Rakeem Joseph. "A lot of hard work was put into our spaces and it's good to know that our hard work didn't go in vain."

"As it is my last year here at the Galley it feels good to go out on a high note," added Culinary Specialist 2nd Class Keri Johnson.

For achieving five-star accreditation, the Galley is expected to receive culinary training, culinary tool kits and reference books,

as well as a presentation plaque at a later date.

Capt. Paul Odenthal, commanding officer, NCBC Gulfport, congratulated the Galley team with a Bravo Zulu for their hard work.

"Congratulations to our hard working, and award winning, team at the Colmer Galley," said Odenthal. "Despite leadership turnovers, gaps in key personnel and an aging building, the team has once again brought home the 5-Star rating."

## "Can I Kiss You?"

Featuring Mike Domish



DATE  
SAFE  
PROJECT

**CBC Gulfport  
Training Hall**

**July 17 at 1 p.m.**  
➤ Open to All Hands

**July 17 at 3 p.m.**  
➤ NCTC Students only

"The one sexual assault briefing that RAISES THE MORALE of our active duty while giving them 'How To' skills they want to implement."  
-Michael P. Davis, CMSgt, USAF-

# NCTC Gulfport CSFE Civilian Instructor of the Year



Cmdr. Scott Anderson, commanding officer Naval Construction Training Center (NCTC) Gulfport, recognizes Darcy Mogler as NCTC's Center for Seabees and Facilities Engineering (CSFE) 2013 Civilian Instructor of the Year at a ceremony, May 30. Mogler is an Utilitiesman Pipeline course instructor who has been employed with NCTC since October 2007. (U.S. Navy photo by Lt. Joseph Daniel Johnson/Released)



## 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.

June 19, 2014

From NCTC page 1

hands on training and scenario based labs. Students are taught plumbing, pumps and compressors, waste and water treatment, shore based boilers, and air conditioning and refrigeration.

"The best part of the new course is that it is mostly hands on," said course instructor Darcy Mogler. "The students get plenty of practice on every portion of their rate."

Students begin the course with plumbing instruction by learning the associated mathematics along with the universal plumbing code. The course then takes the students to a hands-on training environment that includes everything from water distribution systems installation to plumbing fixture maintenance procedures.

Following plumbing, students are given in depth

instruction on the proper operation of pumps and compressors.

Next is waste and water treatment, where the students are taught how waste disposal works both in the field and in a municipal facility. During this section they also learn to operate the Lightweight Water Purification System (LWPS).

The LWPS is the Navy's newest piece of water treatment equipment, capable of treating both freshwater and saltwater.

Students can expect to learn a basic knowledge of system components and heat generation theories during the shore based boiler course that follows. Students are also given the opportunity to fire off a boiler and part take in troubleshooting common boiler fault scenarios.

Wrapping up the "C" School is 15 days of air conditioning and refrig-

eration. Many believe it is one of the toughest subjects during the course, but most say they appreciate it for its value for UTs. Students are given the opportunity to become very familiar with the properties and traits of the most common refrigerants used in modern air conditioning.

Instruction is also given concerning different types of systems and components for both residential and commercial air conditioning. A large part of the course is dedicated to building an entire refrigeration system, which includes flared and brazed connections, and the electrical wiring of all associated components.

According to Utilitiesman 2nd Class Cole Johnson, a UT "C" School student, the course revision has been making a significant impact on UTs abroad.

"This course has helped me significantly after be-



Darcy Mogler, an instructor at Naval Construction Center (NCTC) Gulfport's Utilitiesman (UT) School House, explains the Chemical Biological Radiological (CBR) Kit of the Lightweight Water Purification System (LWPS) to students during their Water Treatment course of instruction during UT "C" school on board NCBC Gulfport, June 10. If a unit came under a CBR attack, the LWPS CBR Kit would allow them to purify their water sources. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

ing stationed in Sigonella, Italy for the last couple of years," said Johnson. "I get to refresh before going back to a NMCB."

Seabees interested in taking a "G" or "C" School should contact their command's Training Department.

Seabee Courier

# NMCB 11 CPOs honor fallen comrade with memorial

By MC1 Michael C. Barton  
 NMCB 11 Public Affairs

The Chief Petty Officer Association of Naval Mobile Construction Battalion (NMCB) 11, payed tribute to Medal of Honor recipient Construction Mechanic 3rd Class Marvin G. Shields by creating a Medal of Honor Citation Memorial, June 10.

June 10 marks the 49th anniversary of the death of Shields.

CM3 Marvin Glenn Shields joined the Navy as a Seabee in 1962. After being stationed in Glynco, Ga.; Okinawa, Japan and



to the 5th Special Forces Group (Airborne), 1st Special Fore's.

Shields was mortally wounded during an ambush at Dong Xoai and died June 10, 1965. For his actions during that battle he was awarded the Medal of Honor.

"As it says in our logo, 'Remember the past,' " said Senior Chief Equipment Operator Matthew Dooley assigned to NMCB 11. "With this memorial we will remember the sacrifice and heritage of the boots we fill."

Currently the Memorial is displayed on the Quarterdeck of NMCB 11.

Port Hueneme, Calif., he was sent to Vietnam in February 1965. While in Vietnam he was attached



Master Chief Moses Sampson, left, Command Master Chief of Naval Mobile Construction Battalion (NMCB) 11, Steelworker 1st Class Coogan Kennedy recipient of the Marvin Shields Award and Cmdr. Steven Stasick, right, commanding officer of NMCB 11 stand behind the Marvin Shields, Medal of Honor Citation Memorial. June 10 marked the anniversary of the death of Medal of Honor Recipient Construction Mechanic 3rd Class Marvin Shields. (U.S. Navy Photo by Mass Communication Specialist 1st Class Michael C. Barton/ Released)

## 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](mailto:DEVGRURecruiting@vb.socom.mil) or contact your detailer to request additional information.

## SEE SOMETHING, SAY SOMETHING



Report Suspicious Activity To:

[Roy.wertz@navy.mil](mailto:Roy.wertz@navy.mil) (228) 871-2105

[Ronald.perry1@navy.mil](mailto:Ronald.perry1@navy.mil) (228) 871-2104

On Base Call, (228) 871-2361, Prompt #3

Off Base Call, 911



# NMCB 1 SCWS training in Okinawa



Seabees with Naval Mobile Construction Battalion (NMCB) 1, attend a Seabee Combat Warfare weapons and fire plan training session with Marine Corps Gunnery Sgt. Kris Korreck, NMCB 1 military advisor, on board Camp Shields in Okinawa, Japan. NMCB 1 is currently deployed to Japan and several countries in the Pacific area of operations conducting construction operations and humanitarian assistance projects. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

# Focus on Education

## Staying ahead of the game



Logistics Specialist 3rd Class Lyndsey VanZant, assigned to Naval Mobile Construction Battalion (NMCB) 11, finishes Navy Knowledge Online (NKO) assignments by using the Fleet and Family Support Center (FFSC) Computer Lab on board NCBC Gulfport, June 16. The FFSC has six computers for use, as well as printing, copying, scanning, and faxing capabilities. Hours of operation are Mondays-Thursdays, 7 a.m.-4:30 p.m., Fridays, 7 a.m.-3:30 p.m. For more information about the FFSC Computer Lab, call: 228-871-3000. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

## Coast School District Back to School Dates

District ~ Teacher report date ~ Student report date ~ Number of Military Family Life Counselors per school

Bay Waveland:	Aug. 1	Aug. 7	na
Biloxi:	Aug. 4	Aug. 7	3
Gulfport:	Aug. 11	Aug. 18	1
Hancock:	Aug. 1	Aug. 7	1
Harrison:	Aug. 4	Aug. 7	2
Jackson County:	Aug. 1	Aug. 6	1
Long Beach:	Aug. 4	Aug. 7	2
Moss Point:	Aug. 4	Aug. 6	na
Ocean Springs:	Aug. 13	Aug. 18	2
Pascagoula:	Aug. 1	Aug. 7	1
Pass Christian:	Aug. 4	Aug. 7	na

Navy College provides Sailors with opportunities to earn college degrees through a variety of options. The program's mission is to provide continual academic support to Sailors while they pursue a technical or college degree, regardless of their location or duty station. Visit the Navy College website at <https://www.navycollege.navy.mil> to see what Navy College can do for you!

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

## Military Spouses in the Workforce

June 25, 9:30 - 11 a.m., Fleet and Family Support Center (FFSC)

- ~ Improve your job search skills
- ~ Learn about military spouse friendly organizations

Call FFSC: 228-871-3000 to register



Open to all with authorized access to NCBC Gulfport

## Webinar Event Free! Free! Free!

Federal Student Aid Information Session  
July 16 or July 17, 4:30 - 6 p.m. (EST)

Topics:  
Title IV Programs  
Loan Repayment Programs  
Public Service Loan Repayment Program  
Federal Student Aid Resources

FAFSA 101 and the Armed Forces

Registration is required: This event is open to everyone, especially members of the Armed Forces stationed around the world.

Live Financial aid information with question and answer via the Internet.

Register at: <http://fsaregistration.ed.gov/d/k4q3f1>

## Want to be a better Dad?



Fleet and Family Support Center (FFSC) is sponsoring:

## Effective Fatherhood Classes

Call 228-871-3000 for details



Open to all with authorized access to NCBC Gulfport

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Teen dreams and summer jobs

Despite the fact that the school year has ended for our kids, I started my normal morning routine this week on autopilot -- scrambling eggs, fluffing laundry, mopping the kitchen floor, and microwaving the same cup of coffee three times.

I darted out to the base commissary at about 10, in desperate need of paper towels and lunch meat, completely forgetting that the kids were still upstairs slobbering into their pillows. It wasn't until I sunk my teeth into a leftover leg of chicken to quell a pang of hunger at 11:45 a.m., that I remembered.

"Do you realize that it is almost noon?!" I blasted across the rumpled bed containing my 19-year-old son. His hairy leg was hiked over a pile of dirty clothes tangled in his comforter. The floor was littered with headphones, magazines, discarded school papers, dropped pretzels and empty soda cans.

"Huh . . . wha?" he said as the brain under his crazy hair tried to process the scene. While he smacked his lips and stretched, I ranted.

"Have you followed up on those job applications yet? Well, Mister, if you're dreaming of lounging around the house for the next three months, not earning any spending money for college next year, you've got another thing coming!"

After making the rounds to each of our three children's rooms, I stormed downstairs, grumbling to myself, "Why are kids today so daggone lazy? Sleeping into the afternoon, no sense of responsibility! That sort of thing was not allowed in my day!



Hrmpfh!"

While stuffing the washer with cold darks, I thought of my summers as a teen. My father had brainwashed me into believing that, if I did not work over the summer, the planet might implode. I had to make money, and a lot of it, to ensure my financial survival over the next year of school.

I cut three acres of grass with a tractor for \$20 bucks a week. I sold garden vegetables on the side of the road. I did office work. I painted houses. I bar tended at a golf club. I worked at a bank. And one stressful summer, I took a job as a traveling salesperson for my father's chemical company even though I knew nothing about the products or how they worked.

I had very little time to lay out, go to the drive-in theater, or hang out at the mall -- all the things we did in small towns in the 80s -- but I always made enough spending money to last me through the next school year.

I dreamt of a summer job waitressing at the beach. Living in a seaside shack with other waitresses, not saving much money but having the time of our lives. I thought the beach job could be a life-changing

experience, turning me into one of those cool, mature, sun-kissed girls with long flowy skirts and dangly earrings shaped like dolphin tails. Who cares about the money . . . I could transform my life.

But my father's warnings always prevailed. I certainly didn't want the Earth to implode, so I never got that dream beach job. I wondered, should I allow my kids to follow their dreams, or insist that they get to work?

I set the washer for permanent press and gathered my semi-conscious teens in the kitchen under the guise of pancakes.

"Hey guys, listen," I cajoled, "maybe I over-reacted. You can lounge around the house and make money for school, because there are plenty of things you can do here for me! I'll give you 20 whole bucks each week to scrub the toilets and sinks, but don't forget to pull those gooey hair clogs out of the drains. And there's always the basement to be cleaned out. Just watch for those fuzzy wolf spiders, they love to jump right in your hair. Oh, and I was thinking that all the garbage cans could use a good scrubbing because they smell like rotten meat . . ."

I went on for another 20 minutes or so, while the kids stared like deer in the headlights.

My prediction: the Earth will remain intact, because they'll have summer jobs within a week.

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

## NMCB 1 CP0s take over dining hall in Okinawa



OKINAWA, Japan - Naval Mobile Construction Battalion 1's Chief's Mess in Okinawa serves hungry Sailors during the dinner rush June 13. U.S. Navy photos by Chief Mass Communication Specialist Kim Martinez/Released)

June 19, 2014

**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

Seabee Courier

# NCBC Helping Hands

**SEABEE MEMORIAL CHAPEL** - The Seabee Memorial Chapel is looking for volunteers to help build and decorate props for the upcoming Vacation Bible School. If you are interested in showing your artistic skills, please call point of contact Stacey DuPre at 228-871-2925 or 2454.

**28TH STREET ELEMENTARY** - The United Way Summer Reading Program at 28th Street Elementary in Gulfport is looking for volunteers to tutor kindergartners - 3rd graders in reading. Volunteers are asked to donate one hour per week, Monday - Friday, between July 7 and Aug. 7. Point of contact is Mary Tell, 228-896-2213 extension 24.

**HARRISON CENTRAL HIGH SCHOOL** - Volunteers are needed to build lockers for the HCHS volleyball team's locker room. Plans, tools and supplies will be provided. Project needs to be completed before the season begins in August. Point of contact is Lisa Sigworth, 228-326-7674.

**CITY OF GULFPORT BACK TO SCHOOL HEALTH/WELLNESS FAIR/FUN RUN** - The City of Gulfport is looking for volunteers for the Back to School Health and Wellness Fair and Fun Run at Jones Park, Aug. 2. Anyone interested in setting up a booth to demonstrate health and/or wellness associated with the military, or possibly set up a military-style obstacle course contact Katie King at: 228-868-5883.

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

**GULFPORT SCHOOLS NAVAL SEA CADET CORPS** - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-

profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@uss.salvationarmy.org.

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

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

**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 will allow you to keep track of your hours. Point of contact is Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org) for details.

**Off Limits** - The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of May 29, 2014. **Permanent Off-Limits Establishments:** **Biloxi:** YaYa's, 2751 Pass Road; **Gulfport:** Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Sinsations Night Club, 1809 30th Ave.; **Pascagoula:** Bunksmall Apartments, 708 South Pascagoula St.; **Ocean Springs:**

The Purple Pelican Night Club, 1001 Bowen Ave. **Temporary Off-Limits Establishments:** **Biloxi:** Club Veaux, 834 Howard Ave. Service members are ordered not to enter or patronize these off-limit establishments of their locations. This does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice. This letter supersedes the previous Off-Limits List of Nov. 21, 2013.

## 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.

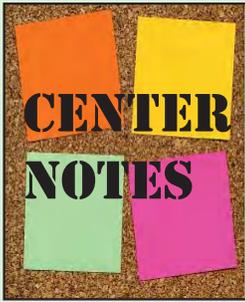
(childcare available via volunteers)

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



**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 Cen-

ter. 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@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.navywivesclubofamerica.org](http://www.navywivesclubofamerica.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.

**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 class-

room. 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 at-

tend. Call 228-832-0017 for more info.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was re-commissioned 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](mailto:eugene.cowhick@navy.mil), 228-871-2488 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.



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228-575-5224

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**NCBC First Class Petty Officer Association**

**GAS & GLASS**

June 20, 11 a.m. - 1 p.m.  
NEX Gas Station

Donations appreciated!



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



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24/7 Confidential Access to the Domestic Violence Victim Advocate





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EXTENDED POOL HOURS!**

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for more information.  
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5:30 a.m. – 7 p.m.  
Saturday-Sunday  
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**BASKETBALL LEAGUE SIGNUPS  
THROUGH JUNE 27**

**RACQUETBALL LEAGUE SIGNUPS  
THROUGH JUNE 24**

**AQUATICS**

**NEW POOL HOURS!**

**SWIM CLUB  
MONDAY-THURSDAY  
11 A.M. – 1 P.M.**

**CDC**

**WATERPLAY  
EVERY TUES & THURS  
(WEATHER PERMITTING)**

**SUMMER READING PROGRAM  
BEGINS JUNE 23**

**CONTACT US!**

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

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CAMPING RENTAL PACKAGE  
\$29/DAY**

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