

SEABEE COURIER

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Greenert: Navy faces support shortfalls, maintenance backlogs

By Cheryl Pellerin
American Forces Press Service

Shrunken but stable Defense Department budgets through fiscal 2015 allow the Navy an acceptable forward presence and have temporarily restored critical training and operations, but the force still faces shortfalls, backlogs and higher risks, the chief of naval operations said March 13.

Navy Adm. Jonathan W. Greenert joined Navy Secretary Ray Mabus Jr. and Marine Corps Commandant Gen. James F. Amos before the Senate Armed Services Committee to testify on the Navy's fiscal year 2015 budget request.

"Forward presence is our mandate. We operate forward to give the president the options to deal promptly with contingencies," Greenert told the panel, directing their attention to small charts he gave them showing the global distribution of deployed ships, bases and support areas.

"Our efforts are focused in the Asia-Pacific, I think you can see that, and the Arabian Gulf," Greenert said. "But we provide presence and we respond as needed in other theaters as well."

Over the past year, the Navy influenced and shaped the decisions of leaders in the Arabian Gulf, Northeast Asia and the Levant, and patrolled off the shores of

Libya, Egypt and Sudan to protect American interests, he added.

With the Marine Corps, the Navy relieved suffering and provided assistance in the Philippines in the wake of typhoon Haiyan last November, dissuaded coercion against U.S. allies and friends in the East and South China seas, the admiral said, kept piracy at bay in the Horn of Africa and continues to support operations in Afghanistan.

"The 2014 budget will enable an acceptable forward presence. Through the remainder of the year we'll be able to restore a lot of our fleet training and our maintenance and our operations, and we'll recover a substantial part of the 2013 backlog that we've talked about quite a bit in this room," Greenert told the senators.

"The president's 2015 budget submission enables us to continue to execute these missions, but we're going to face some high risk in specific missions articulated in the defense strategic guidance," he added.

The CNO said the Navy's fiscal guidance through the DOD five-year Future Year Defense Plan is about halfway between severe cuts required by the Budget Control Act caps, also known as sequestration, and the president's fiscal 2014 plan. It's still a net decrease of \$31 billion when compared

with the president's fiscal 2014 plan.

To prepare the Navy's program within those constraints, Greenert said, he set the following priorities and Mabus supported him.

- Provide a sea-based strategic deterrent;
- Maintain a forward presence;
- Maintain the capability and capacity to win decisively;
- Maintain the readiness to support the above;
- Maintain and bring in asymmetric capabilities and maintain a technological edge; and
- Sustain a relevant industrial base.

"Using these priorities, we built a balanced portfolio of capabilities within the fiscal guidance we were provided," the admiral said. "We continue to maximize our presence in the Asia-Pacific and the Middle East, using innovative combinations of rotational forward-based rotational forces, forward basing and forward-stationed forces."

The Navy still faces shortfalls in support ashore and a backlog in facilities maintenance that erode the ability of its bases to support the fleet, he said, and has slowed modernization in areas that are central to staying ahead of or keeping pace with technologically advanced adversaries.

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Seabee Ball 2014



(From left) Master Chief Equipmentman Ricky Burkhart of Naval Mobile Construction Battalion (NMCB) 11, Commander, Navy Expeditionary Combat Command (NECC), Rear Adm. Frank Morneau and Steelworker Constructionman Elizabeth Auten of Naval Construction Training Center (NCTC) Gulfport, cut the Seabee birthday cake at the Gulfport 72nd Annual Seabee Ball held at the Mississippi Gulf Coast Coliseum March 15. Burkhart and Auten were the oldest and youngest active duty enlisted Seabee in attendance at the ball. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

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Traditional and Roth TSPs explained

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By Lt. Chao Pan, JAGC
 RLSO SE BROFF NORL

The Thrift Savings Plan (TSP) is a defined-contribution plan available to civilian and military employees of the United States government, akin to the 401(k) plans found in the private sector. TSP recently rolled out a new "Roth" option for civilian and military members. This article will explain the differences between the Roth TSP and traditional TSP options, and how the TSP interacts with other retirement plans, such as individual retirement arrangements (IRAs).

The fundamental difference between the Roth TSP and the traditional TSP is that contributions to a Roth TSP are taxed as income in the tax year in which the contributions were earned and are generally not taxed upon withdrawal at retirement, while contributions to a traditional TSP are not taxed in the tax year in which the contributions were earned (they are deductible), but are taxed upon withdrawal at retirement.

Traditional TSP - Let's say Petty Officer Second Class Jones has no dependents and has a taxable of income of \$25,000 per year. If he contributes \$6,000 to a traditional TSP, he'll only be taxed on \$19,000 of income that year (minus any other deductions and exemptions he's eligible for). When he withdraws the funds in retirement after age 59½, however, the withdrawals will be considered ordinary income and a tax bill will become due. He may start making withdrawals before age 59½, but it may be subject to penalties.

Roth TSP - If PO2 Jones decided to make a Roth TSP contribution, however, he'd make contributions on an after-tax basis. The \$6,000 he originally set aside

for his contribution would be reduced to \$5,100 (the tax man takes out 15 percent since he's in the 15 percent marginal income tax bracket), but when he begins withdrawing at age 59½, he won't get another tax bill.

Ultimately, the main reason to prefer one account over another is an investor's marginal tax rate at the time of contribution and at the time of withdrawal (retirement).

If an investor is in a high tax bracket today, he may want to reduce his taxable income through contributions to his traditional TSP. This is especially true if he expects to be in a lower tax bracket in retirement. Remember, the higher a taxpayer's income, the higher the marginal tax bracket he'll generally find himself in.

If an investor is young and just starting out his career, however, a Roth TSP may be more tempting. All else being equal, SN Jones is probably paying less in taxes than PO2 Jones or CPO Jones, so SN Jones probably wouldn't get as much benefit from a lower taxable income today.

The Roth TSP is also a good option if an investor believes that tax rates will rise in the future. Likewise, it's a bad option if an investor believes that tax rates will generally fall in the future.

Based on the above, it is likely that while one option may be better for SN Jones, another may make more sense for CAPT Jones.

If an investor does not know which way tax rates will go, what his tax rate will be in retirement, or anything else about the future, he can invest in both the traditional TSP and the Roth TSP. For instance, he can invest money in his traditional TSP one year and the next year switch his contributions over to his

Roth TSP.

For the TSP, contributions can usually only be made as a deduction from current pay. In total, an individual can only contribute \$17,500 per year into a TSP account for tax year 2013 (\$23,000 if the individual is at least age 50). This limit generally applies across TSP, 401(k), and 403(b) accounts. For example, an individual under 50 can contribute \$10,000 towards his Roth TSP and \$7,500 towards his 401(k) in the same tax year (assuming he has a second job that allows it), but cannot contribute \$17,500 towards his Roth TSP and \$17,500 towards his 401(k). This limit does not include any employer match.

With all this talk of TSP, it is important to note that there is a difference between the TSP and IRAs. While both come in traditional and Roth flavors, it is important to keep in mind that these are separate accounts. The annual contribution limit for an IRA is currently \$5,500, or \$6,500 if the investor is age 50 or older. This limit is in addition to the limits above for TSP/401(k)/403(b). This means that an individual under age 50 can contribute both \$17,500 to his traditional TSP account and an additional \$5,500 to his Roth IRA in the same tax year.

This article is not intended to substitute for the personal advice of a licensed attorney. For local assistance, please contact the Naval Construction Battalion Center (NCBC) legal office by calling 228-871-2620 for an appointment. For more information on tsp accounts visit <https://www.tsp.gov/plan-participation/eligibility/traditional/RothContributions.shtml>.

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Spartan Race Chief Executive Officer Joe DeSena came on board NCBC to lead military personnel in a fierce Spartan Race workout on board NCBC Gulfport, March 14. Service members received free T-shirts and discount codes for registration of the 2014 Mississippi Spartan Race (MSR). MSR is scheduled to start at 8 a.m., Oct. 18 in Perkinston, Miss. Service members interested in the race can visit <http://www.spartanrace.com/spartan-race-obstacle-course-faq.php> for more information. (U.S. Navy photo by MWR/Released)



Chaplain (Lt. Cmdr.) Ammie Davis, left, Chaplain (Lt.) Joseph Johnson and Minister Pamela Cummings, members of the Contemporary (Gospel) Praise and Worship Team, lift their voices in song at the Contemporary service at the Seabee Memorial Chapel, on board NCBC, March 9. Protestant Praise and Worship singers are always welcomed, as well as Catholic Choir members. For more information about Chapel programs, please call 228-871-2454 or see page 11 of the Seabee eCourier. Follow the Chapel on Facebook to keep up with the programs and events at the Chapel by searching "NCBC Chapel," and clicking "Like." (U.S. Navy photo/Released)



Tech. Sgt. Lilyian Burns, left, Chief Petty Officer Jessie Tvrdy, middle, and Chief Master Sgt. Sammy Ester, assigned to White House Communications Agency (WHCA), assist Builder 2nd Class Julia Sijka, right, assigned to Naval Construction Group 2, with questions regarding the interview worksheet needed to apply for WHAC during a brief, March 11. WHCA held recruitment brief for service members at the Training Hall on board NCBC Gulfport. The WHCA is seeking out the best and the brightest service members interested in serving as communications support for the President and his staff. For more information about WHAC call 202-757-5150, DSN: 284-2000, extension 7-5150, or visit www.dis.mil/whca. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

NCBC Frames

**Builder 2nd Class (SCW) Matthew Davis
Construction Management Continuum
Training (CMCT) Instructor
Naval Construction Training Center
(NCTC), Gulfport**

FREEZE FRAME

By UTCN Alicia Fluty
NCBC Public Affairs



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

MD: Iraq 2005. It was my first deployment. I was deployed with a great group of guys

that pushed me to do my best and never settle for good enough.

FF: What has been your biggest motivation throughout your career?
MD: Striving to be the best at what I do.

FF: What advice would you give to future Seabees and Sailors?
MD: Hard work and dedication will always pay off. It may not show right away but eventually it will catch up. There is always someone watching what you are doing

and how well you are doing it.

FF: What is your favorite part about being/working with the Seabees - why?
MD: My favorite part of being a Seabee is the challenges of the ever-changing environment. You have to stay diligent and constantly train to stay up to date with procedures and practices.

FF: Who was your most influential mentor during your career, and why?
MD: BU1 Kieffer. He has always been there

for me throughout my career, never allowing me to give up no matter how big the challenge in front of me was.



Navy-Marine Corps Relief Poker Run

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Fire Warden Training

March 27, 2 - 3 p.m.
Building 321 (Fire Department)
Please contact Inspector Ducote at william.ducote@navy.mil to sign up or for more info.
Limited seating.



Buzz on the Street



By CE2(SCW)
Courtney Demastus
NCBC Public Affairs

“What Mardi Gras parades did you go to this month, and what did you like about them?”



“We went to the Diamondhead Parade and to the New Orleans Parade. I liked both of them, I loved seeing my children enjoy them.”
Dr. Leah Levenson
Psychologist
Hometown: Diamondhead, Miss.



“I went to the 100th Anniversary Mardi Gras Parade in Pass Christian, which was really nice.”
SW2 Shanta Crayton
NCG 2
Hometown: Chicago, Ill.



“I went to the Long Beach Parade and the New Orleans Parade. It was my first time going; it was really cool.”
CE2 Jamie Kew
NMCB 5, TAD to CE “C” School
Hometown: Orlando, Fla.



CDC St. Patrick's Day



Children enrolled at the NCBC Child Development Center (CDC) and their parents, participated the CDC's first St. Patrick's Day Celebration on board NCBC Gulfport, March 17. Some of the children wore green t-shirts as part of the celebration, while other were content with simply eating the pizza, green cupcakes and other treats parents brought in for the party. (U.S. Navy photos by Utilitiesman Constructionman Alicia K. Fluty/Released)

March 20, 2014

Happy 121st Birthday Chief Petty Officers!

Birthday Ceremony April 1, 1 p.m.
NCBC Training Hall
Ceremony is **OPEN to ALL Hands**

Reception to follow at Anchors & Eagles Club for: Active Duty, Reserve, Retired CPOs.
COs, XO's, OICs & AOICs invited.



NCBC 121st CPO Birthday Deckplate Leader 5K Run April 1, 6:30 a.m.

Form up at the rear of Fitness Center
Uniform: Military, Navy PTU; Chiefs are encouraged to wear CPO Pride T-Shirts; Civilians - Appropriate attire
Everyone is welcome!

Seabee Day QRP Winners



Congratulations to Michael Labeau, Lori Carver and Elaine Elkins for submitting the winning entries for the Quality Recycling Program (QRP) contest at Seabee Day, March 8.
Labeau correctly guessed the weight of the cans on display at exactly 22 pounds; Carver's guess came the closest in the paper category as she guessed

1,300 pounds for the 1,327 pounds of compacted paper on display, and Elkins came the closest to correctly guessing the cardboard display weight at 1,200 pounds, with the actual weight coming in at 1,212 pounds. All three won Seabee Recycling bags, Seabee Day shirts, recycling items and limited edition sodas.

Seabee Courier

NMCB 133 passes torch for honors to NMCB 11

By BU3 Stephanie Wolff
 NMCB 133 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133 passed the responsibility to honor veterans and their families through funeral honors to NMCB 11 on March 1.

For the past six months, 20 members from NMCB 133 who were on funeral detail supported Commander, Navy Region Southeast, by proudly honoring veterans and their families for their service. Often traveling up to 200 miles to locations across Louisiana, Alabama, and Mississippi, the detail presented honors and American flags to 115 families.

Construction Electrician 3rd Class Jason Mohr said, "It's not every day that we can honor those that have gone before us, but being on funeral detail has given us the opportunity to honor those veterans. I have to say it's been a privilege doing so."

In addition to funeral duties, the detail also served as the Naval Construction Battalion Center's color guard team. Colors were paraded for five retirement ceremonies, the FY2014 Chief's pinning ceremony, and Mardi Gras kickoff in New Orleans.

During the month of February, NMCB 133 conducted turnover as NMCB 11 personnel were trained on funeral honors and color guard duties during practices at the base gym, chapel and addition real time training at ceremonies in Gulfport and Biloxi.

The details completed their turnover training when they traveled to Biloxi National Cemetery for a full honors ceremony, Feb. 20. The ceremony included a 21-gun salute and traditional presentation of the National Ensign to the family of a deceased veteran.



Builder 3rd Class Regional Skinner of Naval Mobile Construction Battalion (NMCB) 133 funeral detail instructs Construction Electrician 3rd Class William Hall of NMCB 11 on proper rifle salute techniques for full honors funerals during turnover training. NMCB 133 turned over funeral detail support for Commander, Navy Region Southeast (CNRSE) to NMCB 11 March 1. (U.S. Navy photo by Builder 3rd Class Stephanie Wolff/Released)

ny, Feb. 20. The ceremony included a 21-gun salute and traditional presentation of the National Ensign to the family of a deceased veteran.

myPay Cyber Scam

Recently some myPay users received a fake e-mail asking for the answers to myPay security questions. You should NEVER share the answers to your myPay security questions with anyone. The Defense Finance and Accounting Service, myPay, or SmartDocs will never ask you for this information. By sharing the answers to your myPay security questions you may allow someone to access your myPay account.

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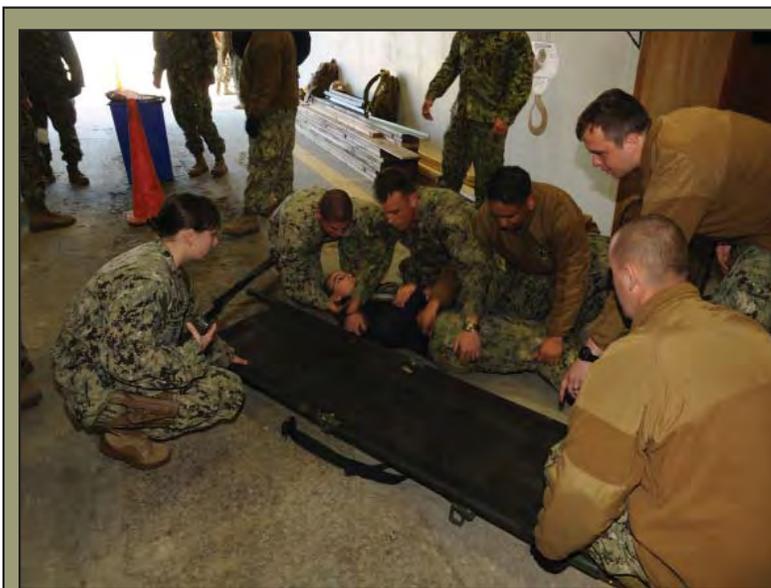


Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Regional, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587,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



NMCB 74 ECC Exercise

Corpsman attached to Naval Mobile Construction Battalion (NMCB) 74 respond to a notional casualty as part of an Evacuation Control Center (ECC) exercise onboard Camp Mitchell, Rota, Spain, March 4. Operating forward, NMCB 74 strives to capitalize on engagement opportunities and build lasting relationships, ultimately paving the way for future partnerships. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ryan Williams/Released).





Hospitalman Marcus Steward of Naval Mobile Construction Battalion (NMCB) 11 conducts an airway obstruction check on Caesar, a life-sized mannequin, on Naval Construction Battalion Center Gulfport. Steward was one of seven medical personnel under Naval Construction Group (NCG) 2 who received an introductory training on the mannequin's capabilities. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

CAE representative Adam Reading gives training on the Caesar-model mannequin on Naval Construction Battalion Center Gulfport. CAE is working in conjunction with Naval Construction Group (NCG) 2's medical department to train battalion Seabees in a new combat lifesaving course for all Navy Expeditionary Combat Command (NECC) personnel. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

NCG 2 Medical conducts realistic training

By MCC(SW/AW/EXW) Athena Blain
NCG 2 Public Affairs

Sailors from Naval Construction Group Two's (NCG 2) medical department participated in an innovative new training that is changing the way Naval Construction Forces conduct first aid training, all with the help of a new friend- Caesar.

Caesar is a life-sized mannequin that simulates actual battlefield injuries, like hemorrhaging, airway blockage and tension pneumothorax.

"With tissue training going away, the simulation aids are the next best training aids," said Senior Chief Hospital Corpsman James Burnett, NCG 2's Medical leading chief petty officer.

With the help of a computer program, Caesar responds the way an injured person would in a battlefield environment. He screams, yells, gurgles, and has audible breathing. He also responds to whatever treatment is given.

"It actually bleeds and breathes. You can do [intravenous therapy] and gauge its pupillary responses," said Burnett.

Another new benefit of the Caesar technology is the real-time response to treatment.

"If it takes 15 minutes for the patient to respond to the medication given, it'll take that long for Caesar's vital signs to show improve-

ment," said Burnett. "Of course, an instructor can speed up the response if needed."

That isn't the only control the instructor has over a scenario. The mannequin records each action as it is being conducted so instructors can review just how long it took the student to place a proper tourniquet or how long they conducted rescue breathing. Instructors also control the type and flow of each bleeding wound, as well as program in additional complications throughout the scenario. For example, they can program the mannequin to stop breathing three minutes into the situation or make the mannequin go into shock, said Burnett.

Three personnel from NCG 2's medical department, as well as corpsmen from Naval Construction Battalions (NMCB) 1 and 11, got the introductory Caesar class on March 5 and 6. Adam Reading, a representative of the company that makes Caesar, illustrated the proper setup, usage and maintenance of the new technology.

The program is part of a Navy Expeditionary Combat Command (NECC) push to bring more realistic combat casualty training to Sailors. NCG 2 has six Caesar mannequins, priced at \$50,000 each. The current plan is to give one to each of the three battalions in Gulfport, and keep the other three in reserve at the Group.

With this initial training, NCG 2's medical department plans to introduce the new technology to the rest of the battalions by the end of summer to replace the current Combat Lifesavers Course.

The current course uses human actors to simulate the wounded patient, so often students learn their equipment and procedures theoretically. With Caesar, students can apply their life-saving techniques as they would in a real-life situation.

"You can tell someone that they should hear a whooshing of air with a needle decompression, but with these mannequins the students will actually experience it," said Burnett. "That type of realistic training will go a long way in instilling confidence in corpsmen and Seabees; they'll know the treatments they learn actually works. It really takes the notional away, and creates a realistic scenario where intervention matters."

NCG 2 organizes, mans, trains and equips the East Coast naval construction force to provide commanders with expeditionary engineering forces capable of general engineering and construction and limited combat engineering across the full range of military operations. For more information about NCG 2, contact the public affairs office at 228-871-3998.

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NMCB 74 heads for the beach



Members of Naval Mobile Construction Battalion (NMCB) 74 Detachment (DET) Panama City Beach wait for final approval to depart for Naval Support Activity Panama City where they will demolish and replace 1,600 linear feet of concrete and asphalt sidewalk. The DET will also demolish and replace fixtures, tile, and walls, in the renovation a restroom during their two-month stay. Operating forward, NMCB 74 strives to capitalize on engagement opportunities and build lasting relationships, ultimately paving the way for future partnerships. (U.S. Navy photo/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, 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 GIFT STORE

Working on your holiday shopping list? Searching for that perfect retirement keepsake? The Seabee Gift Store offers a variety of Seabee-related memorabilia such as books, clothing items, coins, pins, flags and more, all at prices that fit a wide range of budgets. The gift store is located in the Seabee Heritage Center Training Hall, building 446 and open Monday – Friday, 10 a.m. to 4 p.m.

March 20, 2014

From **NAVY** page 1

As a result, "we face higher risk if confronted with a high-tech adversary or if we attempt to conduct more than one multiphase major contingency simultaneously," he added.

"As I testified before you in September," he told the committee chairman, "I'm troubled by the prospect of reverting to the Budget Control Act revised caps in 2016. That would lead to a Navy that is just too small and lacking the advanced capabilities needed to execute the missions that the nation expects of the Navy."

Greenert said such a Navy would be unable to execute at least four of the 10 primary missions laid out in the 2012 Defense Strategic Guidance and the 2014 Quadrennial Defense Review, and its ability to respond to contingen-

cies would be dramatically reduced in that future scenario.

"It limits our options and the nation's decision space, and we would be compelled to inactivate an aircraft carrier and an air wing, he said. "Further, our modernization and our recapitalization would be dramatically reduced, and that threatens our readiness and our industrial base."

If the nation reverts to the Budget Control Act caps, Greenert added, "year by year it will leave our country less prepared to deal with crises, our allies' trust will wane, and our enemies will be less inclined to be dissuaded or to be deterred."

In his remarks to the panel, Amos said the Marine Corps, in its partnership with the Navy, gives the nation an unmatched naval expeditionary capability.

"This is why I share the

CNO's concerns about the impacts associated with the marked paucity of shipbuilding funds," he said.

America's engagement throughout the future security environment of the next two decades will be undoubtedly naval in character, the Marine Corps commandant said. To be forward engaged and to be present when it matters most means a need for capital ships, and those ships need to be loaded with United States Marines, Amos added.

"Expeditionary naval forces are America's insurance policy. We're a hedge against uncertainty in an unpredictable world," the commandant said. "The Navy and Marine Corps team provides power projection from the sea, responding immediately to crises when success is measured in hours, not in days."

If the nation is saddled with the full eight years of sequestration, Amos said, the Marine Corps will be reduced to 175,000 Marines.

"When we built that force, we started almost a year ago today, and we looked forward expecting sequestration would be signed in March of this past year. So that force of 175,000, with 21 infantry battalions and the appropriate rest of the combat service support, is a fully sequestered force that will maintain itself out into the future," Amos explained.

To maintain the near-term readiness now of those deployed units and those that are about to deploy, he said, Amos said, he reached into operations and maintenance accounts within his authorities and canceled 17 programs.

"I'll be able to do that for probably another two years," he added. "But

the 36th commandant will reach a point, probably two years from now, where he's going to have to take a look at that readiness level and say, 'I'm going to have to lower that so I can get back into these facilities [and] my training ranges that I can't ignore, and the modernization.'"

Otherwise, Amos said, "we'll end up with an old Marine Corps that's out of date."

In his remarks to the Senate panel, Mabus discussed the number of ships the Navy would end up with if sequestration moves ahead as planned. "We would get to a 300-ship Navy by the end of this decade under the current plan, and we would keep it going forward," the secretary said.

The decommissioning of the aircraft carrier USS George Washington would be an issue, Mabus said.

Seabee Courier

Focus on Education

Beating the odds

Twins pursue medicine through Navy scholarship

By Lt. Teng K. Ooi
U.S. Naval Academy and
Capt. Linda J. Beltra

One of the least known and seemingly most unlikely source of procuring military medical doctors is the United States Naval Academy, the Navy's premiere officer training institution located in Annapolis, Maryland. Each year the academy graduates over one thousand Midshipmen to serve as unrestricted line officers.

The vast majority of the graduates serve as surface warfare officers, aviators, nuclear-trained submarine officers, combat Marines and even Navy SEALs.

Over the years, the Naval Academy has permitted a limited number of its graduates to enter the Medical Corps and pursue medical degrees after graduation. Although it has fluctuated in recent years, the Navy has permitted approximately 10 graduates to enter the Medical Corps. That is less than one percent of the graduating class.

"When my brother and I decided to attend the academy, from the very beginning, our intent was to compete for one of those 10 slots. Well, for both of us to get into the Medical Corps, we actually needed two of those 10 slots," said Eric Emerling, a 2013 graduate of the Naval Academy who is currently attending the Mayo Medical School in Rochester, Minn. "It was an ambitious goal and, when I think back on it now, I realize how unrealistic it may have been. What are the odds?"

Yet, Eric and his identical twin brother, Alec, beat the odds and became the



Alec and Eric Emerling are pictured standing below the class of 1979 crest, the year that their father, David Emerling, graduated from the U.S. Naval Academy. The Emerlings became the first twins accepted into the Medical Corps since the Naval Academy was established in 1845. (Photo courtesy of David Emerling/Released)

first twins accepted into the Medical Corps since the Naval Academy was established in 1845.

Alec Emerling is currently attending Georgetown University School of Medicine in Washington, DC.

Alec reflects back to his Plebe (freshman) year, "It seemed daunting. I thought I was competing against the over 1,200 members of my class for one of 10 slots. What in the world was I thinking? Then I realized that not everybody wanted to be a doctor. Ultimately, the only person I was competing against was myself. I decided that I controlled my own destiny and that my goal could only be achieved by successfully meeting the challenges of the next four years."

The challenges were plenty. The Naval Academy is a rigid, 4-year program

that, regardless of one's major, has mandatory studies in Naval Science, Leadership, Navigation, American Naval Heritage and Weapon Systems. The training continues throughout the summer months. There are time consuming military and athletic requirements, as well.

"It's not exactly a pre-med program," said Eric, "but all the necessary courses that medical schools are looking for are available at the academy. The challenge was trying to fit them into your schedule and find a way to excel while dealing with all the other course requirements and military responsibilities. Fortunately, Alec and I did well on the Medical College Admission Test (MCAT) so, apparently, the courses we took prepared us well. I think most importantly, we were fortunate to have some great professors."

"You don't have to be superman. I certainly didn't get an A in every course," said Alec. "I think having a twin brother with the same goal helped a great deal. When one was down the other would pick him up. We just never gave up. I think that's the key."

The Emerling brothers were both accepted into the Navy Health Professions Scholarship Program (HPSP). Nonetheless, they still had the requirement of gaining admission into medical school on their own merit just as countless other college graduates do throughout the country every year.

Navy Medicine has a lot to offer: expert guidance and assistance, excellent training, leadership and man-

agement skills, and financial stability, all while you earn an impressive benefits package that could include educations opportunities and incentives, loan repayment assistance, specialty pay, and travel and more.

The Navy Health Professions Scholarship Program (HPSP) is an outstanding way to pay for a student medical school and to ensure immediate employment following graduation. The HPSP covers 100 percent of tuition during medical school, a sign on bonus of up to \$20,000 and a monthly stipend of \$2,157. No previous military experience is required, although applicants must be physically qualified and otherwise eligible to serve in the Navy and be accepted to an accredited medical school.

Acceptance of the scholarship obligates the student to serve on active duty for four years as a licensed physician. The four years may be served as a general medical officer immediately after completing internship, or may be deferred until completion of specialty training.

"It's a great program. Eliminating the financial distractions that often accompany a medical education is a big relief. I feel like I can really focus on my studies," Eric admits.

For more information on Navy Health Professions Scholarship Program (HPSP): visit <http://www.navy.com/careers/healthcare/physician>. For more information on Navy Medicine: visit <http://www.med.navy.mil>. To find a Navy Recruiter near you: visit <http://www.navy.com/locator>.

Education Notes

EDUCATION PROGRAMS FOR MILITARY SPOUSES

Are you taking advantage of all your benefits? Find out during Education Programs for Military Spouses, March 26, noon – 12:30 p.m. at the Fleet and Family Support Center (FFSC), building 30. Guest speakers will be Dr. Alex Carter, director, Navy College Program and Dr. David Drye, representative, Coastline Community College Spouse Program. Seating is limited to first 40 to pre-register at 228-871-3000. Feel free to bring a lunch, bottled water will be provided.

BABY-SITTING CLASSES

Back by popular demand on TWO different dates to accommodate area Spring Break schedules. Baby-sitting classes for youth (11 years old and up), will be held at Fleet and Family Support Center (FFSC), April 14, at 9 a.m. and April 21, at 9 a.m. Please call FFSC at 228-871-3000 to preregister.

HURRY - LAST DAY TO REGISTER FOR CLASSES WITH COASTLINE COMMUNITY COLLEGE (CCC)

Registration ends March 20 for Spring "B" term at CCC. To register, contact Dr. David Drye, 228-871-3439 or stop by the Navy College Office, building 60, room 239.

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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Spring Break, Eighties style

"Don't crush the groceries!" I yelled as my teenage son smashed the car top carrier lid closed. With everything for our family spring break trip packed, we piled into our salt-hazed minivan and hit the road.

I wondered if all this rigmarole was worth it for a few days of so-called vacation. I'd worked myself into a pre-trip frenzy, making lists, doing laundry, kenneling the dog, getting the oil changed, packing, double checking, and packing some more.

All that hassle just to spend military leave time stuffing ourselves like sardines into our minivan for 11 long hours. And once we get there, we'll be unpacking, making beds, cooking, cleaning and managing the kids just like we always do. Same work, different location.

Is Spring Break really worth all this hassle?

As we passed through the Naval Station Newport base gate and headed south, I recalled an easier time. It was 1986, and I used my new credit card to buy a Spring Break trip with my college roommates. I was broke, but all those Citibank sign up ads around campus promised a \$1,000 credit limit, and all I had to do was pay a little bit off each month. "Wow, what a great deal!" I thought in my youthful ignorance.

After curling our bangs, my roommates and I boarded a bus, chartered by Sigma Epsilon Fraternity, headed from chilly Ohio to sunny Daytona Beach, Fla. The frat brothers thoughtfully included a six-pack of Little Kings Cream Ale in the trip



package price, just in case the passengers got thirsty on the fourteen-hour ride south.

"Ohmigod," my roommate exclaimed halfway through Tennessee, "like, I totally can't find Lisa anywhere!" "No way!" "Way!" They didn't know that I'd crawled up in the overhead luggage compartment to sleep off those Little Kings.

On the day of our arrival, I promptly burned myself to a crisp laying out on the beach. Later at a Bud Light Belly Flop contest at the motel pool, I tried to hide the pain, sipping wine coolers with my roommates while dancing to "I'll stop the world and melt with you" – a la Molly Ringwald in "The Breakfast Club" -- in our stone washed denim and Wayfarers. We took note of one particular college boy moonwalking in checkered Vans, red Birdwell Beach Britches, and a blonde mullet. He was the kind of cool guy who probably drove a Camero.

The loudspeaker blared as he climbed the high dive, "Next we have Mad [expletive deleted] Mike from University of Maryland!" We cheered with the crowd, but in the end, his svelte torso was no match for the linebacker

from Mississippi State with a gut tinged pink from multiple flawless flops.

By the time we boarded the bus for our return to Ohio a week later, I had sloughed off the first three layers of my skin, lost my Jellies shoes, survived on happy hour nachos, been totally ignored by Mad [expletive deleted] Mike, and maxed out my \$1,000 credit limit, totally unaware that I would be paying off the debt for the next eight years.

And it was totally worth it.

There was something special about the Eighties. Was it the big hair? Orange Julius? Hackey Sacks? Mr. T? New Wave music? Shoulder pads? Hawaiian pizza? The Cosby Show? McDLTs? The Sprinkler Dance? Tri-color pasta salad? Parachute pants? Boom boxes? Frosted eye shadow? Deely-bobbers? Alf? Fried potato skins? A carefree state of mind?

Whatever it was, the Eighties was fun. A lot of fun.

"Honey," I asked my husband as we entered the New Jersey Turnpike, "find that Eighties radio station, would you?" The kids groaned, and began arguing over whether we were getting lunch at Wendy's or Chick-fil-A, but I leaned back in my seat, put on my sunglasses and said, "I think this might turn out to be our best Spring Break trip ever." Like, totally.

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

Health Watch

Did You Know? Where to go: ER, Urgent Care or Primary Care?

By Reneil Miewski
Naval Health Branch Clinic (NBHC) Gulfport

When you need immediate medical care, the first line of advice has traditionally been, "Go to the nearest emergency room." However, is that advice the best course of action? With visits to the Emergency Room (ER) at an all-time high, wait times have in turn skyrocketed. In addition, ER visits for non-emergency medical conditions contribute not just to increased wait times but also to the rising cost of our healthcare.

Naval Branch Health Clinic (NBHC) Gulfport is open and ready to care for your non-emergent medical conditions Monday through Friday from 7 a.m. – 3:30 p.m. (excluding Federal Holidays). You can schedule an appointment by calling 228-871-4033 or sending an appointment request to your provider via Relay Health.

When the clinic is closed, and you have an urgent condition that cannot wait until the next business day, you have the option to seek care at a network urgent care center. These clinics can usually handle problems that need immediate attention but aren't life-threatening or emergencies, e.g. stitches, sprains and x-rays. Please remember to contact your clinic the next business day after your urgent care visit to request a retroactive referral. Please know the date you were seen, the name and address of the clinic, and the diagnosis you were given when you call in.

With this being said, there are several conditions in which you should seek immediate care at an emergency room:

- ~ Sudden or unexplained loss of consciousness
- ~ Signs of a heart attack, such as sudden/severe chest pain or pressure
- ~ Signs for a stroke, such as numbness of the face, arm or leg on one side of the body; difficulty talking; sudden loss of vision
- ~ Severe shortness of breath
- ~ High fever with stiff neck, mental confusion and/or difficulty breathing
- ~ Coughing up or vomiting blood
- ~ Cut or wound that won't stop bleeding
- ~ Possible broken bones
- ~ Poisoning
- ~ Stab wounds
- ~ Sudden, severe abdominal pain
- ~ Trauma to the head
- ~ Suicidal or homicidal thoughts/feelings
- ~ Partial or total amputation of a limb

The Branch Health Clinic wants to ensure you receive the best care possible. Please feel free to contact us at 228-822-5792/5793 if you have any questions about your health care.

Energy Savings Tip: Around 80 percent of the energy used to wash clothes comes from heating the water. Use cold water when possible!

NCBC Helping Hands

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. 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.

LONG BEACH SCHOOL DISTRICT TRACK & FIELD VOLS

Request for volunteers to work events at home track & field meets. Long Beach School District is hosting three rounds of the MHSAA State Track & Field Play-offs April 15, April 24 and May 3. All competitions take place at the Long Beach track & field complex located at the L.B.H.S. football stadium. The April meets begin at approximately 3:45 p.m., and conclude around 8:15 p.m. The May 3 meet begins at 10:30 a.m. and will conclude at approximately 3:30 p.m. To volunteer, please contact Chief Ryan Wilber at 228-871-3663 or ryan.wilber@navy.mil.

CAREER DAY - North Gulfport 8th Grade School is planning a career day April 11. The event is planned for 8 a.m. - 3:10 p.m. Volunteers

are invited to present information on a career or place of employment. If you are interested, please contact Chief Ryan Wilber, 228-871-3663 or ryan.wilber@navy.mil.

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.

SMOKIN THE SOUND SMOKIN' THE LAKE Smokin' The Sound, April 25 - 27 and Smokin' The Lake, (May 3 - 4) boat racing events return speed, thunder and excitement to the Mississippi Gulf Coast. This non-profit organization needs volunteers for both events to sell and attach wrist bands to event spectators, direct spectators to viewing areas and direct vehicle and pedestrian traffic in a safe and courteous manner. For more information on the events, visit www.smokinthesound.com. CBC personnel who are interested in volunteering should email Chief Ryan Wilber at ryan.wilber@navy.mil. Personnel from other

commands on board NCBC who would like to volunteer, should contact their command volunteer representative to fill out needed paperwork and determine a date and time slot to volunteer.

PASS CHRISTIAN MIDDLE SCHOOL - Pass Christian Middle School needs volunteers to serve as proctors for the MCT2, tests May 13-15. A test administrator (teacher) and a proctor are needed in classrooms and hallways. A mandatory brief training will be held for volunteers May 6, at 3:15 p.m. or May 7, at 8 a.m., where volunteers will be advised on duties and given test security information. Alternate training times are possible. To volunteer, please email Tisha Posey at TPosey@pc.k12.ms.us or 228-452-5220 with contact information and training preference time.

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.

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 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. To participate in this project please complete a Long Beach High School Volunteer Application and e-mail the school at 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. For more information, please contact Velma Johnson, 228-865-4611 or velma.johnson@gulfportschools.org.

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. To volunteer, 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 or 850-890-6792.

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 handy-men/ women. To volunteer, 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

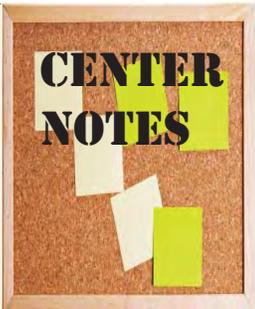
- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

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

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 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 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 or 850-890-6792.

PMI Membership Drive

The Project Management Institute (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

or Len Krapcha at 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

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, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.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/>

Keesler Air Force Base

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.

"Like" Naval Branch Health Clinic Gulfport on Facebook!

The page is frequently updated with medical news and information, upcoming events, TriCare updates and other interesting Navy news.

Please go to Facebook, search "Naval Branch Health Clinic Gulfport", click "LIKE."

Note: If two pages come up in search results, it will be the one without "Mississippi" after Gulfport.

Like our page and stay up to date on all the latest and greatest in Navy medicine!

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



Paintball on Base!
Saturday, March 22nd

Only \$10
2 hours of play, all paintball gear
and 200 paintballs!

Departs from the Liberty Center at 11:00 a.m.

Must sign up by Friday, March 21st!




GRAND SLAM Intramural SOFTBALL LEAGUE

Call Sports Coordinator @ 822-5109 for details

Sign Up	POC Meeting	Season Runs
March 17- April 1	April 4	April 15- June 19

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)




MWR
Naval Construction Battalion Center
Culpeper

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 (and read) for a moment 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



Safari Toddler



Sports Combo

Skydiving Trip

Sunday, March 23rd



Only \$171 for a tandem skydive!
Shuttle departs at 8 a.m.
Must sign up by Sunday, March 9th



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, March 21: 5 p.m., Anchorman 2: The Legend Continues, PG13; 7:30 p.m., American Hustle, R

Saturday, March 22: 2 p.m., Saving Mr. Banks, PG; 4:30 p.m., Hunger Games: Catching Fire, PG13; 7 p.m., Lone Survivor, R

Sunday, March 23: 3 p.m., Frozen, PG; 5:30 p.m., The Hobbit: The Desolation of Smaug, PG13

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