

SEABEE COURIER

NMOPDC holds Change of Command



Cmdr. Mark Butler, right, commanding officer, Naval Meteorology and Oceanography Professional Development Center (NMOPDC), relinquishes command to Cmdr. Shane Stoughton, left, during a change of command ceremony held at the Seabee Memorial Chapel on board Naval Construction Battalion Center (NCBC) Gulfport, Sept. 5. Guest speaker for the ceremony was Rear Adm. Timothy Gallaudet, far right, commander, Navy Meteorology and Oceanography Command. Butler's follow-on assignment is to Naval Oceanography Operations Command, Stennis Space Center. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

We're Still Standing

*Those twin towers
Standing tall with
pride,
Fell with grieving
hearts.
Stunned, America
cried.*



By Hannah Schoechert
7th Grade Student

*But we're still
standing.*

*Bin Laden tried
To crush our land,
But we stood our
ground
With our flag in
hand.*

*White for purity
Our heroes tell.
Blue for the justice
That will be done,
Proving once more
These colors don't
run.*

*And we're still
standing.*

*And we're still
standing.*

*Red for valor
And the blood that
fell.*

NEVER FORGET 9-11!

NCBC announces area Sailors of the Quarter

By BU3(SCW) Amanda Hollister
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport recently announced its area Sailors of the Quarter for the third quarter of fiscal year 2014.

Logistics Specialist 1st Class Inez Rajo, from Ethete, Wyo., was selected as the area Sailor of the Quarter. Rajo is attached to Naval Mobile Construction Battalion (NMCB) 74.

"This was a huge surprise. I didn't even know I was nominated," said Rajo. "We worked hard in Spain and we worked very long hours. A supply department is an overall team effort."



**Logistics Specialist
1st Class Inez Rajo**

Rajo's advice to all Sailors who want to succeed is this, "Continue pushing forward, work hard and keep your head up."

Rajo completed her Master of Science in Logistics and Supply Chain Manage-

See **SOQ** page 5

Navy Exchange Mini Mart Grand Opening Sept. 18, 9:30 a.m.

Everyone is invited to attend the Ribbon-cutting and check out the new facility

Corner of 7th Street & Bainbridge Avenue



September is National Preparedness Month

Be informed: Know Your Resources

By **BUCA Elizabeth Mills**
 NCBC Public Affairs

If you've lived along the Mississippi Gulf Coast long enough, there are certain things you know to be true as far as weather is concerned - December will be cold and rainy. The summer months will be punctuated by high temperatures, high humidity and the potential for powerful thunderstorms. Lastly, hurricane season is six months long. From the beginning of June until the end of November coastal residents tend to pay particular attention to weather forecasts and storm activity in the Gulf of Mexico.

According to Harrison County's official website, being prepared for the worst will help you and your family overcome the aftermath should a hurricane strike your community.

Prepare your family by discussing what could possibly happen to your home or your city. A hurricane can hit when you're at work or when your children are in school or day care. Having an emergency plan will help you save time and plan more effectively. If you have family pets or members with disabilities you should also have

a plan for each of them, including a list of what they require every day.

When people evacuate the majority use their personal car or truck. Is it ready for the road? Tires and brake pads should be checked for wear. Fluids such as coolant and oil should be checked and changed if necessary. When the time comes to get moving, your car will be able to take you where you need to go with no unnecessary troubles.

If there isn't a mandatory evacuation order and you plan on staying in your home during a hurricane, be prepared for the worst to hit. Remember to:

- ~ Board up windows and doors (allowing for emergency exits)
- ~ Turn refrigerator to maximum cold
- ~ Use phone only for emergencies



- ~ Stay indoors, away from windows
- ~ Open the door to your attic to help equalize pressure on the roof
- ~ Have a battery operated radio and spare batteries on hand
- ~ Create a preparedness kit
- ~ Stock up on food and water if you plan to wait out a hurricane
- ~ Obtain enough cash to last several days as banks may be closed and ATMs

may be damaged or out of cash.

For more information on preparation and what to do in the event of a hurricane go to: <http://www.ready.gov/september> and <http://www.co.harrison.ms.us/departments/ema/whattodo.asp>, or the CBC Emergency Management page at https://www.cnrc.navy.mil/regions/cnrse/installations/ncbc_gulfport/om/emergency_management.html

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Public Affairs Officer
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CBC Shelter Information

On Base shelter information:

- ~ Warehouse 217 to house CBC Military, Family Members, Civilian and Contractor personnel employed on CBC
- ~ Shelters will open at TCC ONE
- ~ No pets (except service dogs) are allowed in shelter.
- ~ No alcohol or firearms are allowed.
- ~ Registration forms can be filled out in advance

~ ID cards are required for all individuals entering the shelter (except small children.)

Important telephone numbers:

- ~ CBC Quarterdeck: 228-871-2555
- ~ Emergency Info: 228-871-4777
- ~ Gulfport Muster: 1-877-733-7303
- ~ CNRSE Muster: 1-866-203-6004
- ~ FFSC: 228-871-3000
- ~ Navy Help: 1-877-414-5358

Job Fair, Sept. 18, 10 a.m. - 2 p.m.
 Fleet and Family Support Center large classroom . . . Call 228-871-3000 for details

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

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

Mini Mart News - In preparation for the final transition to the new Mini-Mart Gas Station, the retail area of the current Mini-Mart will be closed beginning Sept. 14. The fuel islands will still be available until 8 a.m., Sept. 16. After that time, the pumps will not have fuel available for consumer purchase until after the Grand Opening of the new Mini-Mart Gas Station at 9:30 a.m., Sept. 18. Gas will be available at 10 a.m. We apologize for this necessary inconvenience.



Ruth and Delores Welch of Pass Christian, Miss., browse for baby gifts at the Navy Exchange (NEX) on board Naval Construction Battalion Center Gulfport, Sept. 8. NEX hours of operation are Monday – Saturday, 9 a.m. – 8 p.m., Sunday, 10 a.m. – 6 p.m. (U.S. Navy photo by Builder 3rd Class Amanda Hollister/Released)



Balfour Beatty Communities sponsored an End of Summer Sprinkler Party for Toddlers on board Naval Construction Battalion Center Gulfport, Sept. 3. The party is an activity that is part of LifeWorks - a unique program that focuses on the health and wellness of BBC housing residents and offers a great opportunity for residents to meet neighbors and learn about what's going on in the community. (Photo courtesy of Balfour Beatty Communities/Released)

Capt. Paul Odenthal, commanding officer, Naval Construction Battalion Center Gulfport, and Capt. John Adametz, commodore, Naval Construction Group (NCG) 2, joined Gulf Coast chief petty officers (CPOs) and CPO selectees for CPO 365 Phase II physical training on board NCBC Gulfport, Sept. 9. Phase II is the second phase of CPO 365, a two-phase, year-round Master Chief Petty Officer of the Navy (MCPON) program designed to train first class petty officers and CPO selectees on what it takes to be a CPO in today's Navy. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



One Shipmate is too many

By Mary Lewis
CREDO Facilitator

September is Suicide Prevention Month. The theme of 2014 Navy Suicide Prevention Month is, "Every Sailor, Every Day," focusing on peer connections and personal responsibility. The Chaplains Religious Enrichment Development Operation (CREDO) Gulfport Team's aim is to educate service members, family, co-workers, friends and the public on how to recognize the signs of suicide, where to access care and treatment, and how to intervene from a spiritual and religious aspect. Our team is committed to every Sailor and our efforts are focused on prevention.

Today's Navy can be rewarding, however it can become stressful, both physically and mentally for our Sailors and their family. This can put service members and their families at a high risk for depression. Having the proper training on preventing, recognizing, and overcoming common stressors can play an important role in the life of a healthy Sailor, and the command. We train, work, and fight together. When a Shipmate is undergoing stress it is important to know how to help them.

Through peer and leadership relationships we are here to keep each other strong and mission ready.

The CREDO Gulfport Team is offering ASIST and safeTALK during the month of September. The safeTALK training is Sept. 25 and ASIST, Sept. 29 - 30, and are at the Seabee Memorial Chapel.

ASIST is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. You will experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

About three hours in duration, SafeTALK is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As

a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

In addition to the ASIST and safeTALK training, Suicide Prevention (PLUS) Tone of Force (TOF) trainings are available. The Suicide Prevention (PLUS) is intended to assist individuals and commands in identifying danger signs that relate to suicide prevention and develop a set of skills that allow both individuals and commands - to combat this preventable hazard.

Here are some Suicide Prevention (PLUS) tips to remember:

- ~ A-C-T
- ~ ASK - CARE - TREAT
- ~ ASK if someone is depressed and is thinking about suicide.
- ~ Let them know you CARE.
- ~ Get them assistance (TREATment) as soon as possible.

At the end of the day we are honor-bound to help each other. We are our Shipmates keepers. One Shipmate is too many!

October - Fire Prevention Month

October is Fire Prevention Month and during Fire Prevention Week (Oct. 6 - 10), the Naval Construction Battalion Center (NCBC) Gulfport Fire Department would like to extend an invitation to all departments and commands to contact us for fire extinguisher training and a review this of year's National Fire Protection Association theme, "Working Smoke Alarms Save Lives." The training promises to provide interesting facts about smoke detectors that many people aren't aware of, but that could possibly save a life!

We are available to provide training at your work center between 8 a.m. and 3 p.m., Monday through Friday. Although we are highlighting training during Fire Prevention Week, the training may be conducted any time in October. Work site training should take approximately 30 minutes, depending on the number of people in attendance.

Please contact Inspector Ducote at william.ducote@navy.mil and schedule your training today!

BBC Shoe Drive

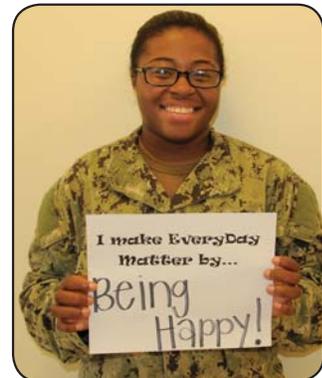
During September, Balfour Beatty Communities is collecting gently used shoes to donate to Gulf Coast Community Ministries. Please tie or rubber band shoes together and place in drop box located at the Community Management Office. Home shoe pick up service is also available by emailing lladner@bbcgrp.com. Your generosity is appreciated!



Suicide Prevention

September is National Suicide Prevention Month and this year's Navy theme is "Every Sailor, Every Day," focusing on peer connections and personal responsibility for self care. Throughout September we will be featuring individual responses to the question:

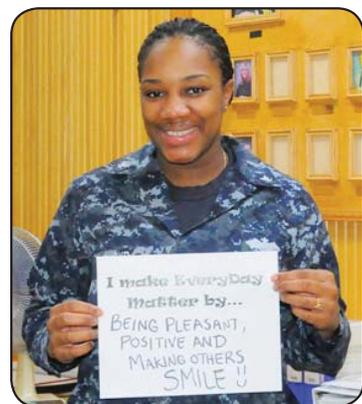
What makes your day matter?



CE3(SCW)
Endia Thomas
NMCB 1



HN Daniel
Quinonez
NMCB 1



UT3(SCW)
Angeline Floyd
NCBC



UT2(SCW)
Taylor Cook
NMCB 11

Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

"How has the Navy changed your life?"



"It took me out of a bad environment and made me a better person."

BUCA Ashley Arther
Command: NMCB 11
Hometown: Atlanta, Ga.



"It has changed my life. I met my husband and had two kids. It has helped me strive to be something better."

GM2(SW) Dana Pinkston
Command: NCG2
Hometown: Palm Bay, Fla.



"It has made me a stronger person and more independent."

Kristen Rector
Military Spouse
Hometown: Centerburg, Ohio

Visit new, improved NEXCOM web store

From Navy Exchange Service Command Public Affairs

The Navy Exchange Service Command (NEXCOM) has launched a new web store, myNavyExchange.com. Partnering with Speed Commerce, the new web store is fully-integrated and features a more user-friendly and contemporary look and feel.

"The mission of the NEX is to provide quality goods and services at a savings and to support Navy quality of life," said Rear Adm. Robert J. Bianchi (Ret), Chief Executive Officer, NEXCOM. "This new web store will truly enhance the quality of life for many of our customers, especially those who don't live near a NEX. If you've never shopped on our web store in the past, I encourage you to check it out. I know you'll like what you see."

The new look is just one of the many upgrades customers will see when they visit the new web store. Other benefits include a lower price on standard shipping at \$4.95, one-time authentication, mobile shopping via smartphone and tablet, enhanced product search and filters, product sharing via email, Facebook, Twitter and Pinterest, the ability to create and email a wish list, the ability to purchase NEX Gift Cards, and ship-to-store capabilities in select locations.

"We can now offer a better experience with easy search capabilities and an expanded assortment of merchandise for all our customers," said Christine Estes, NEXCOM Vice President, Omni-Channel. This is the first phase of a multi-year project. Additional phases will include the addition of Navy military clothing into the same shopping journey, collecting email addresses at point-of-sale and the ability to go on line and verify that an NEX has quantities on-hand before driving to the store.

From **SOQ** page 1
ment in May and is working toward earning her doctorate by spring of 2015.

Builder 2nd Class Cassie Locke, from Wilmington, Mass., was selected as area Junior Sailor of the Quarter. Locke, an instructor at Naval Construction Training Center (NCTC), teaches Builder "A" School.

"I am grateful for the opportunity to be nominated. I hope to become a master chief one day and continue to be a good role model and leader," said Locke.

She often tells her students, "There's always someone who knows more than you, so make sure you ask questions."



Builder 2nd Class Cassie Locke

Hospital Corpsman Chelsea Cobbs, from Monroe, La., was selected as area Blue Jacket of the Quarter. Cobbs is attached to Naval Branch Health Clinic Gulfport.

"A lot of people get to a small base and lose sight of why they're here. They get relaxed. You've got to be sure you're doing your best all the time," said Cobbs.

Cobbs has a Bachelor of Science in Speech, Language and Pathology. Her goal is to complete her first enlistment and earn her master's degree in Speech, Language and Pathology. Ultimately, Cobbs wants to teach speech pathology in her native Louisiana.



Hospital Corpsman Chelsea Cobbs

September 11, 2014

Seabee Courier

A FREE 2 ½ hour professional lecture for officers and senior enlisted who plan to leave the service in the near future. Spouses are cordially invited.

Marketing Yourself for A Second Career

Date: Oct 2, 2014

Time: 8:30 – 11 a.m.

Location: Fleet & Family Support Center, Large Class Room

RSVP: gerri.warden@navy.mil 228-871-3000

LEARN ABOUT

- Developing your transition strategy
- Determining your 'best fit' career
- Perceptions civilian employers have of military personnel
- Resume and LinkedIn development
- Networking to find the hidden job market
- Preparing for and conducting successful interviews
- Salary negotiations and benefit packages

SPEAKER: Colonel John Sims, USA (RET)
Deputy Director of Transition Services, MOAA

- Recently retired after 25+ years on active duty; both enlisted and commissioned
- In-depth experience in networking, resume writing, communications and social media
- Understands the transition process and keys to success for life after the military



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Military Officers Association of America

Seabees with NMCB 133 test skills during CJTF-HOA medevac exercise

By Staff Sgt. Dillon White

Combined Joint Task Force Horn of Africa Public Affairs

TADJOURAH, Djibouti - Seabees from Naval Mobile Construction Battalion (NMCB) 133 participated in a Combined Joint Task Force – Horn of Africa (CJTF-HOA) medical evacuation exercise here, Aug. 21, to test emergency action plans with Djiboutian authorities in the area.

“Overall the exercise went really well,” said Capt. Andrew Docksey, Bravo Company 407th Civil Affairs Battalion operations officer and exercise planner. “We tested and evaluated our emergency action plan and we validated CJTF-HOA’s ability to conduct medevac in Tadjourah. I was happy with the outcome. The strength we found was adaptability. The medics did a great job with the response. Everyone moved with a purpose.”

Docksey said several areas in communications were identified for improvement and the task-force wide exercise was successful.

As part of the exercise, a U.S. Army Specialist Trent Pearson was wounded by a simulated hand grenade. Service members bolted into action, moving the wounded Soldier to safety within a casualty collection point for immediate medical care.

U.S. Army medic, Sgt. Scott Howard, Charlie Company, 407th Civil Affairs Battalion, and U.S. Navy corpsman, Hospitalman 1st Class Alonzo Talbert, NMCB-133, cut Pearson’s clothes free from around simulated injuries, assessed and treated him for heavy bleeding and other wounds. As the medics treated Pearson, other members called the CJTF-HOA joint operations center to request medevac.

Djiboutian Gendarmerie and members of Djiboutian Armed Forces Infantry Regiment in Tadjourah blocked roads and secured a helicopter landing zone for U.S. Airmen from the 81st and 303rd Expeditionary Rescue Squadrons, who arrived moments later in an HH-60 Pave Hawk to fly Pearson to Camp Lemonnier.

To make the exercise possible, Docksey and his



Naval Mobile Construction Battalion (NMCB) 133 Seabees work with Soldiers, Sailors, Airmen and Marines from Combined Joint Task Force-Horn of Africa, as well as Djiboutian Armed Forces and Gendarmerie to conduct a medevac exercise, Aug. 21 in Tadjourah, Djibouti. The exercise was held to test emergency action plans in coordination with Djiboutian authorities in Tadjourah and included joint service members from across CJTF-HOA. (U.S. Navy photo/Released)

exercise planners coordinated well in advance with Djiboutian authorities to identify and authorize a helicopter landing zone, and provide security for the area.

“We had good collaboration during the exercise,” said Djiboutian Armed Forces Sergeant Major Omar Guirreh, human resources officer, standing on a hillside near the landing zone with a radio.

“It was a very good exercise and we look forward to working with the U.S. military again.”

Following the exercise and hotwash, Talbert said he and Howard did well and completed all the steps needed to save their patient’s life.

“It doesn’t matter who you work with, Army, Navy, Air Force ... it’s about communication,” Talbert said. “Once we talk

to each other and figure out – ‘Oh so when you say this, this is what you mean’ ... or we open our bags and we look at each other’s equipment, we can work out both those common barriers. We prep, we train, we rehearse and run through it,” Talbert said. “... when you do the exercise, it’s never the same. You stay calm and go through the steps. Real life is not planned.”

New Red Cross Blood Donor App puts power to save lives in hands of donors

By Alicia Anger
Alicia.Anger@RedCross.org

The American Red Cross is launching a first-of-its-kind Blood Donor App today that puts the power to save lives in the palm of your hand.

The Blood Donor App allows users to schedule blood donations, track their total donations, earn rewards and invite friends to join them on a lifesaving team. The new app is free

and available for download now in app stores.

“The Red Cross Blood Donor App is a new way to help meet the constant need for blood,” said Alicia Anger, External Communications Manger, Alabama and Central Gulf Coast Blood Services Region. “The app makes it easier, faster and more convenient for users to schedule and manage their donation appointments, track the lifetime impact of their do-



nations, and recruit friends and family to roll up a sleeve with them.”

The app, along with the others, can be found in app stores by searching for American Red Cross, visiting redcross.org/apps or redcrossblood.org/bloodapp, or by texting BLOODAPP to 90999 for a direct link to download.

Club Beyond Presents

The Chapel of Choice

The Rolling Lock-In

For 6th-12 grade

September 19-20

7 pm-7:30 am

Only 10 Slots available! Sign Up Fast!

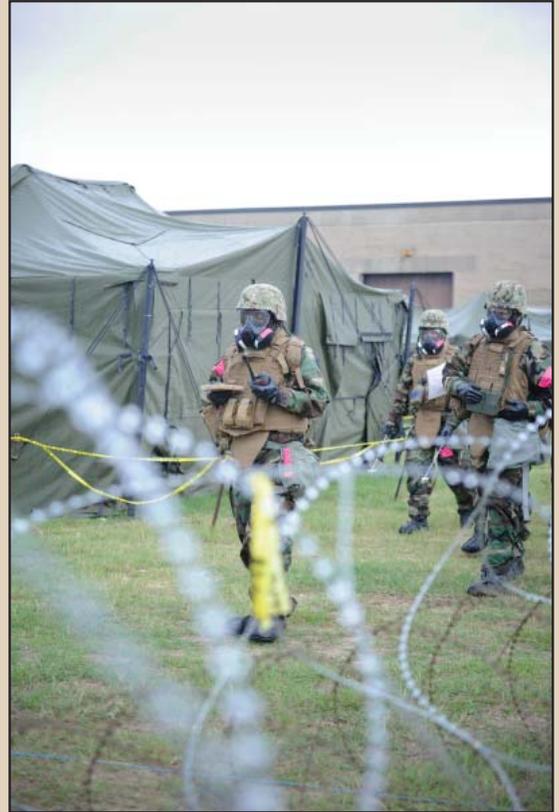
Cost: FREE

Sign Up at the Chapel or Call 228.871.2454

NMCB 11 Seabees . . . In training mode



Above: Hospital Corpsman 1st Class Vincent Bell assigned to Naval Mobile Construction Battalion (NMCB) 11 explains the doffing procedures during a chemical, biological and radiological (CBR) drill on board Naval Construction Battalion Center, Sept. 5. Right: Utilitiesman 3rd Class Sharif Vadon, along with other Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 check the area for contamination during a CBR drill. This training is a part of NMCB 11 homeport training period, which heightens knowledge base, essential mobility skills and command readiness. (U.S. Navy photos by Mass Communication Specialist 1st Class Michael C. Barton/Released)



Pentagon commemoration



Dawn at the Pentagon Memorial prior to a ceremony to commemorate the 13th anniversary of the Sept. 11, 2001 attack on the Pentagon. The ceremony will be attended by President Barack Obama, Vice President Joe Biden, First Lady Michelle Obama, Defense Secretary Chuck Hagel and Chairman of the Joint Chiefs of Staff General Martin Dempsey to honor those lost in the attacks on New York, Washington D.C. and Somerset County, Pa. (U.S. Navy photo by Damon J. Moritz/Released)

The 411 on dialing 911 on board NCBC

Have an emergency? You may now dial 911 using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.



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Focus on Education

Enlisted Leadership Training Review asks Sailors: What do you need?

By Susan D. Henson

Center for Personnel and Professional Development
Public Affairs

Sailors with opinions or ideas about how to best develop enlisted leaders are being asked to provide input on two Navy courses that are currently under review, said the review project's leader Sept. 4.

The Center for Personal and Professional Development (CPPD) is the Curriculum Control Authority for the Petty Officer Second and Petty Officer First Class Selectee Leadership courses. CPPD administers the courses' content, which is then taught to Sailors by their commands. As part of its course review process, CPPD is conducting a large-scale, fleet-wide research project to assess the current courses' value and effectiveness, according to Don Squibb, outcome and assessment manager for CPPD's Requirements Directorate. The project is called Enlisted Leadership Requirements Review (ELRR).

"We're collecting data for the ELRR project from across geographic regions, paygrades, ratings and communities to evaluate the current state of enlisted leadership training for first and second class petty officers and ask Sailors what training they need," said Squibb, who is the project lead. "We're casting a wide net because we need to define the 'what is' from the fleet's perspective before we can recommend the best possible updates to the training that CPPD provides our Navy's junior enlisted leaders."

The ELRR project consists of CPPD teams visiting fleet concentration areas globally to conduct focus groups, which are each approxi-

mately two hours in length. The primary focus groups consist of nine active duty petty officers each (three E-4s, three E-5s, and three E-6s). Additional groups for chiefs and officers are being planned and will be held if deemed necessary after a review of the initial findings from the primary focus groups.

CPPD's focus group facilitators will gather fleet recommendations on delivery and content improvements for the revised Enlisted Leadership Training curriculum. Squibb said the questions center on active duty Sailors' experiences in their current leadership roles. Participants will also be asked to provide ideas for training topics based on their own perspectives of what they believe they need to know, or in the case of more senior petty officers, what they wish they'd known prior to assuming higher leadership positions.

Commands that agree to participate in the project will nominate their focus group participants on the basis of paygrade, according to Squibb. Sailors not selected to participate in a focus group but wanting to voice an opinion can provide their input by completing a survey.

"While the primary focus group participants will be active duty Sailors, Reserve Component Sailors are invited to participate in the online surveys," he said. "The ELRR is focusing on training specifically for active duty Sailors. The training for reserve Sailors will be reviewed at a later, undetermined date."

The online surveys are open to E-1 through O-6 Active or Reserve Component Sailors. Three surveys are planned, according to Squibb. The first survey is

currently open and assesses how much time Sailors spend on technical, management and leadership tasks.

"The online surveys will assess relevant issues driving leadership training and professional development requirements," he said.

All feedback will remain anonymous. Squibb said the information CPPD collects through the focus groups and surveys will not be attributed to any single command or Sailor. Narrative comments will be aggregated and quantified for analysis, which CPPD will use to develop course revision recommendations.

CPPD Executive Director Doug Kibbey said the success of the ELRR project is dependent on Sailors' degree of participation.

"We continually look for ways to refine and improve training for the fleet," said Kibbey. "For any of CPPD's course reviews, fleet feedback is key to formulating the best possible training for our Sailors' development and Navy mission readiness. The ELRR project is especially dependent on Sailors' input - in fact it's vital to ensuring we provide the best possible leader development opportunities and relevant training that supports the fleet's needs."

Sailors interested in participating in the first online survey can access it at https://www.research.net/s/LDRSHP_WORKTIME. Links for follow-on surveys will be announced via Sailors' chain of command, as well as through command career counselors, Navy Counselors, command enlisted leaders and Navy College Offices.

For more information about CPPD, visit: <https://www.netc.navy.mil/centers/cppd/>.

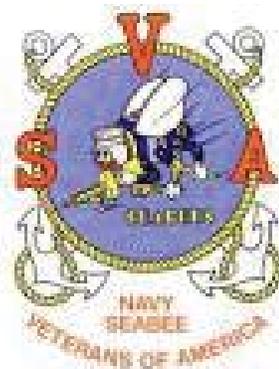
Education Notes

Coastline Community College Registration

Registration for Coastline Community College's Fall "B" Term is open until Oct. 13. The Fall term begins Oct. 20 and ends Dec. 14. Additional information can be obtained by calling Dr. David Drye at 228-871-3439, emailing DDRYE@COASTLINE.EDU, or visiting the Navy College Office in Building 60, room 239.

Navy Seabee Veterans of America

Auxiliary, Island X-1 2014 Scholarship



Eligibility: Applicants must be children, grandchildren or spouse of active, retired, disabled, reserve or deceased veterans who have or who are presently serving with a Naval Construction Command or any military

branch attached to Naval Construction Battalion Center or member of the Navy Seabee Veterans of America Island X-1 in Gulfport. Sponsors who are retired or deceased must have been honorably discharged from military service.

Applications must be postmarked no later than Nov. 30, 2014.

To receive an application, contact the scholarship committee via email.

NCBC School Liaison Officer Kevin Byrd
MWR, Building 352, 1706 Bainbridge Ave.

Phone: 228-871-2117

Email: kevin.r.byrd@navy.mil

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The last laugh

I can see it now. A huge tufted nightclub booth, upholstered in spotless linen, floating on a cloud in the sky. A group of chuckling comedians is seated at the heavenly table, kibitzing over a bowl of perfectly salted cocktail peanuts. The comedians scoot over to make room, because one more has arrived.

It's Joan Rivers.

Their earthly mission to make other people smile complete, Rivers, Williams, Belushi, Radner, Candy, Farley and other comedic legends, lounge comfortably with each other. Their laughter echoes softly in the stratosphere.

Funny people who have made it their life's work to make the rest of us laugh deserve a good seat in Heaven. Especially when you consider that, many of them did not have it so easy here on Earth.

Humor is a gift, but like the people who possess a good sense of it, it's often complicated. With a few exceptions, funny people tend to be complex individuals with insecurities and internal struggles, prone to over analysis and deep thinking about their own significance in the world.

Even though my life's work has been making sandwiches and cleaning toilets as a Navy housewife and mother of three, I can totally relate.

As a tubby little daydreamer, I discovered at a young age that humor was my ticket out of social mediocrity. Knowing that there was no way I was going to meet my parents' expectations for a slim, sophisticated, charming daughter, I began to secretly experiment with humor.

I loved to watch comedians like Flip Wilson, Soupy Sales, Carole Burnett, Bill Cosby, and my favorite, Jerry Lewis. I learned quickly that I could make people laugh by crossing my eyes, adopting a fake



speech impediment, or using raisins to black out my teeth.

Self-deprecation seemed to be the most direct path to social acceptance, so I began poking fun at myself regularly. Initially, my parents did not find my new image funny at all, and made a last-ditch effort to get me back on the right track, signing me up for English horseback riding lessons and encouraging me to seek a serious career in business one day.

But it was already too late. By the end of my senior year in high school, I was elected 1984 Class Clown, making it official: I was the funny girl.

What I didn't realize then, aside from the fact that my reputation as a clown would prevent me from getting a decent date to the prom, was that people would expect me to be funny for the rest of my life. Having a sense of humor became my job, and I had to punch the clock through good times and bad.

Thankfully, humor helped me find my husband, also a funny guy, and raise three funny kids. Through 20 years of military moves, it helped us all make new friends. And my own witty observations about military life, marriage, and parenting helped me put this column in print over five years ago.

Comedians spend their lives making people laugh despite enormous tragedy and private personal struggles. We praise them when they are funny, and ignore them when

they are not. Then, when they die, we finally become curious about who they really were.

Robin Williams, who committed suicide last month at the age of 63, was a thoughtful person who suffered from bouts of devastating depression. Before her untimely death from cancer at age 43, Gilda Radner had a tough childhood, teased for being overweight and suffering the death of her beloved father when she was only a teenager. Chris Farley's need for attention from his 600-pound alcoholic father motivated his hilarious physical comedy. But despite his kind heart, Farley inherited his father's self-destructive tendencies, dying of a drug overdose at the age of 33, the same age as John Belushi when he died.

Joan Rivers was a comedic pioneer who could dish out the zingers, and take them, especially when it came to her multiple plastic surgeries. But behind the scenes, Rivers suffered personal tragedy when her beloved husband of 22 years, Edgar Rosenberg, committed suicide in 1987.

And the list goes on.

Clever, sensitive, deep-thinking, warm-hearted, and sometimes self-destructive, funny people are complicated. We should not wait for them to die to appreciate that their multiple facets and personal struggles are exactly what make them interesting in the first place.

As Joan herself once said, "I think anyone who's perfectly happy isn't particularly funny."

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

Health Watch

Did You Know? Fall's arrival does not end beach hazards

Courtesy of Naval Branch Health Clinic Gulfport



Although the summer swimming and sun bathing season is coming to an end, The Gulf of Mexico still poses risks to individuals who elect to enter its waters.

Mississippi State officials are warning that the water along several stretches of beach in Harrison County may have high bacteria levels that could expose swimmers to an increased risk of illness.

At this time, the advisories have not been lifted indicating levels of bacteria may still be unsafe for human contact.

The Mississippi Gulf Coast displays warning flags daily to warn individuals of potential risks. A **RED** flag indicates High Hazard such as high surf/high currents, **YELLOW** flag indicates Medium Hazard such as moderate surf/moderate currents, **GREEN** flag indicates Low Hazard such as calm conditions and to exercise caution, and a **PURPLE** flag indicates dangerous marine life.

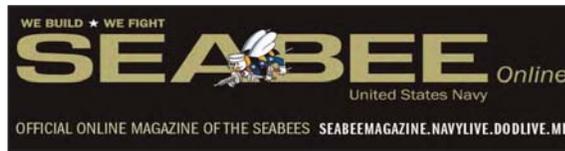
Even though the days are going to start getting cooler

with the transition into autumn, the sun's rays are still harmful to your skin.

Using sunscreen daily is important and beneficial in preserving your skin. Sunscreens with at least a SPF of 15. The higher the SPF, the more protection from harmful UV Rays should be applied daily. It should be applied at least 20-30 minutes before sun exposure and every hour after that. Over-exposure to the sun's rays has potentially damaging effects, such as skin cancer.

As military service members, we should set the example for healthy choices, including our skin!

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



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.



NCBC Helping Hands

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

BAYOU VIEW MIDDLE SCHOOL/GULFPORT CENTRAL MIDDLE SCHOOL - Builders and Engineers needed to help build storage shelves in the robotics lab. The school would also like a few engineers to come to the school and lend expertise to approximately 100 students (grades 6 - 8), for a robotics building project. Point of contact for further information is Michael Quintero, email: Michael.quintero@gulfportschools.org or 228-865-4633 or 228-870-1035.

CASA - Court Appointed Special Advocates (CASA) for children is looking for volunteers for a Superhero 5K and 1M fun run/walk Sept. 13, 8 a.m. at Florence Gardens, 12321 Preservation Drive., Gulfport. Point of contact for more information is Sidney Massey, 228-865-7078 or Sidney@casaharrisoncounty.org.

CRUISIN' THE COAST - Volunteers are needed in Gulfport for Cruisin' The Coast, Oct. 6, 10:30 a.m. - 5 p.m., Oct. 7-11, 8 - 1 p.m. and Noon - 5 p.m., and Oct. 12, 7 a.m. - 2 p.m. Volunteers will be asked to assist with traffic con-

trol, hospitality, parking, etc., at Cruise Central, Centennial Plaza in Gulfport. Point of contact for more information is Craig Grisoli, 228-385-3847.

PARALYZED VETERANS OF AMERICA - PVA Gulfport, 15489 Dedeaux Road, Gulfport, is asking for volunteers to perform a variety of tasks including: repair/build concrete slab for garbage disposal, paint office spaces, repair water fountain and build picnic tables. Point of contact is Cheryl Lewis, 228-832-6864 or 228-365-2253.

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

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

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

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

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

DID YOU KNOW?

Going out for six beers per week costs almost \$100 a month or \$1,200 year.

Keep What You've Earned

Did you Know? The average price of a beer at a bar or restaurant is \$3.75. If you go out every weekend and buy 6 beers you could spend almost \$100 a month or \$1,200 a year on beer! #DontWasteIt

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.

Seabee Memorial Chapel

Religious Services Sunday:

Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesday: 11:15 a.m.



NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

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

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

What's happening at the Chapel?

Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

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

Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

Meetings:

Chapel Council meetings
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

Quarterly "State of the Chapel" meetings

The Chapel will hold quarterly State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The next meeting will be at 5 p.m., for approximately 30 minutes, Nov. 3.

SEP 12-18 MWR

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p & 4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251		
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

Outdoor Recreation

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



Fitness September Classes

CORE 45 CLASS
Tues & Thurs

ZUMBA CLASS
Mon & Wed & Sat

WATER AEROBICS CLASS
Tues & Thurs

CYCLING CLASS
Mon - Thurs

CARDIO PUMP CLASS
Tues & Thurs



- Sep 12 - 6:00p (departure), 8th Annual Bay Bridge fest, FREE Shuttle
- Sep 13 - 11:00a (departure), Shaggy's /Beach Volleyball Trip, FREE Shuttle
- Sep 14 - 12:00-6:00p, NFL Sunday Tailgate Party, FREE Food & Drinks
- Sep 16 - 6:00p, Tournament Tuesday- Pool, 1st place PRIZE
- Sep 17 - 6:00p, Gulfport Drag way Trip, FREE Shuttle, \$7 admission
- Sep 18 - ALL DAY, 67th US Air Force Birthday, Free Cake

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



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

FOOD
MUSIC
MILITARY
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TO
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October 18 & 19

2014 Geico 500
2-day package* ONLY
\$72.00

Regularly \$170.00

*Package seating in the Tri-Oval Tower

Call ITT at 228-871-2231

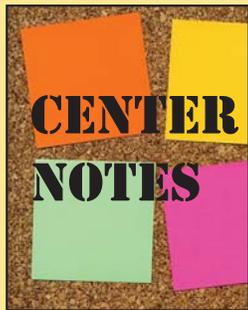
Single Day Grandstand Tickets & Pit Passes Available

FREE MOVIES AT THE TRAINING HALL!

Sep 12, 6:00 PM HOW TO TRAIN YOUR DRAGON 2 (PG13), 8:00 PM TAMMY (R)

Sep 13, 2:00 PM HOW TO TRAIN YOUR DRAGON 2 (PG), 4:30 PM EDGE OF TOMORROW (PG13), 7:00 PM 22 JUMP STREET (R)

Sep 14, 2:30 PM HOW TO TRAIN YOUR DRAGON 2 (PG13), 4:30 PM THINK LIKE A MAN TOO (PG13), 7:00 PM 22 JUMP STREET (R)



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** invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb-11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please

bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

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

Gulfport Officer's Spouse 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., 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.navywivesclub-sof-america.org for more information on NWCA.

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in build-

ing 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

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

Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

The Ladies 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 information.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

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

36th Annual Salute to the Military

The 36th Annual Salute to the Military will take place Oct. 21, 6 p.m., at the Mississippi Coast Convention Center in Biloxi. General Frank J. Grass, Chief of the National Guard Bureau Joint Chiefs of Staff will be the featured guest speaker, with music by the 41st Army Band. Tickets are \$60 for civilian and retired military and \$50 for uniformed military. Naval Construction Battalion Center personnel who are interested in attending the event are asked to email NCBC Public Affairs Officer Rob Mims at robert.c.mims@navy.mil.

Energy Savings Tip:

Use computer and game console power management features. Factory default settings are not always the most efficient - so check settings and adjust if needed. Turn off your computer or game when finished to save even more.



GULF COAST USO
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Building 114
228-575-5224

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Office hours: Monday - Friday, 8 a.m. - 4 p.m.

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

You don't have to walk this path alone

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

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000