

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

April 9, 2015



Naval Construction Battalion Center Gulfport has two Medical Homes providing care to TRICARE Prime beneficiaries. The Fleet Center Medical Home cares for active duty personnel assigned to one of three Seabee battalions, and the Naval Branch Health Clinic Medical Home cares for the remaining active duty personnel assigned to the base, their families and retirees enrolled at the clinic. (U.S. Navy photo/Released)

A tale of two Medical Homes

By Jason Bortz
Public Affairs Officer
Naval Hospital Pensacola

Naval Construction Battalion Center (NCBC) Gulfport is fortunate to not only have one, but two Medical Homes to provide care to TRICARE Prime beneficiaries.

The Fleet Center Medical Home (FCMH) cares for active duty personnel assigned to one of the three Seabees battalions, and the Naval Branch Health Clinic (NBHC) Medical Home cares for the remaining active duty personnel assigned to the base, their families and retirees enrolled to the clinic.

Both Medical Homes are

unique in the population they serve, but both offer the benefits of patient-centered care with a Medical Home Port team.

Medical Home Port teams provide beneficiaries with a team of health care professionals committed to their care. Care delivered in Medical Home Port teams includes readiness, prevention, wellness, behavioral health and disease management. The Medical Home Port concept has improved access to care for beneficiaries, quality of care, patient satisfaction and provider continuity.

"Beneficiaries enrolled to a Medical Home Port

See **TALE** page 10

Center affirms stand against child abuse

By CE3 Dustie Bond
NCBC Public Affairs

President Ronald Reagan signed a presidential proclamation in 1983 declaring April as Child Abuse Prevention Month.

Naval Construction Battalion Center (NCBC) commanding officer, Capt. Paul Odenthal signed a proclamation in support of National Child Abuse Prevention Month and Executive Officer, Cmdr. Anthony Conley helped kick off the month of awareness at the Fleet and Family Support Center (FFSC), April 2. This year's theme is "Know the Difference: Discipline is Not Abuse."

According to National Child Abuse and Neglect Data System (NCANDS), a report of child abuse is made every 10 seconds. The United States has one of the worst records among the industrialized nations, with more than three million reports of child abuse involving more than six million children.

Data collected by NCANDS also indicates that boys and girls are equally likely to suffer maltreatment.

The perpetrators of such maltreatment were the children's own parents 79.4



Naval Construction Battalion Center Gulfport Executive Officer, Cmdr. Anthony Conley, reads the proclamation designating April as Child Abuse Prevention Month, April 2. Everyone is invited to show their support and raise awareness against child abuse by wearing blue every Tuesday this month. In addition, everyone can also take the Pledge to Prevent Child Abuse online at www.taketheCAPMpledge.org. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

percent of the time, while 6.8 percent of the time the abuse was committed by relatives. The remaining percentages belong to unmarried partners at 3.8 percent, other perpetrators at 4.1 percent and less than 1 percent of abuse comes from foster parents.

Everyone can show support and raise awareness against child abuse by wearing blue every Tuesday and by taking the Pledge to Prevent Child Abuse online at [\[pledge.org\]\(http://www.taketheCAPMpledge.org\).](http://www.taketheCAPM-</p></div><div data-bbox=)

In support of this proclamation, the Youth Activities Center will host Kupcakes for Kids, April 16. This event will feature cupcakes and face painting at from 3:30 - 5 p.m.

We all have the power to create positive change in our communities by stopping the abuse and neglect that occurs in our neighborhoods. Suspected child abuse or neglect should be reported to Family Advocacy at 228-871-3674.



Seabee Day 2015 - Saturday, 9 a.m. - 4 p.m.
Rain or shine - Seabee Day is a go!
See page 14 for schedule and map



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Calling all kids: Enter the Month of Military Child coloring contest

FOCUS (Families Overcoming Under Stress) is co-sponsoring a coloring contest with the Navy Exchange during the month of April. Anyone with base access can enter as many times as they like with categories for ages 3 and up, including adults. Contestants can pick up an entry from FOCUS or the NEX or by email (dthomas@focusproject.org) at any time between now and April 28. Judging will take place April 30.



Walk a Mile in Her Shoes

April 17, Biloxi Lighthouse Pier



Check in at 8 a.m., walk begins at 9 a.m. Raise Awareness of Violence Against Women. Participation is totally free and tons of fun. Use our shoes or bring your own and feel free to glitz them up! Men, women and children are all welcome. For more information, or to register, visit: GCWCFFN.ORG/WAM2015

Come Be a Part of a Show interACT

April 15, Training Hall

9 a.m., General audience

3 p.m., NCTC students only

Renowned Social Justice Performance Troupe interACT will be on board NCBC Gulfport for two performances. In 2014, interACT reached more than 26,000 Sailors and Marines. During performances, audience members are given the chance to rehearse bystander intervention and assertive communication strategies that are key to sexual assault prevention.

2015 Sexual Assault Awareness and Prevention Annual 5k

When: April 24, 9 a.m. – 1 p.m.

Where: Ladd Circle



Free T-Shirt for race participants
Prizes for 1st place male & female-\$50 Visa Gift Card
snacks and lunch provided after race
Sign up @ the gym, Fleet & Family, or your battalion

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

Safe Helpline
Sexual Assault Support for the DoD Community

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

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.



Students assigned to the Expeditionary Combat Skills (ECS) Training Command, evacuate a disabled vehicle on board NCBC Gulfport, March 31. This training teaches the proper techniques when transitioning from one vehicle to another. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Families brave the rain, wind and cool conditions to join in the Easter Egg Hunt fun, April 4 on board NCBC Gulfport. Though the festivities were shortened due to the weather, those in attendance went home with plenty of Easter goodies. (U.S. Navy photo by Morale, Welfare and Recreation/Released)

Alice Huffman, director of Navy Marine Corps Relief Society (NMCRS) Gulfport wears a sandwich board outside the NCBC Commissary while advertising their National Peanut Butter and Jelly Day fundraiser on board NCBC Gulfport, April 2. Those making a donation to the 2015 NMCRS Active Duty Fund Drive received a peanut butter and jelly sandwich and a bag of chips. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Energy Savings Tip

Up Top - Reduce the strain on your air conditioner by applying reflective coating to your roof. This will help you save by decreasing the amount of heat coming into your home and keep your roof lasting longer. Reflective roofs not only reduce heat buildup, they also prevent the expansion and contraction that degrade roofs.





The day began early as chiefs met at Colmer Dining Facility for breakfast. After finishing their meals, these same chiefs stepped in for the culinary specialists and served breakfast to fellow service members. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)



Chief Builder Zachary Vaughan reads the Chief Petty Officer's Creed during the CPO birthday celebration held at the Training Hall on board NCBC Gulfport, April 1. (U.S. Navy photo by Engineering Aide 3rd Class Lawrence Romang/Released)



A display of chief petty officer memorabilia greets guests at Colmer Dining Facility during the 122nd chief petty officer birthday breakfast on board NCBC Gulfport, April 1. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)



Chief Construction Electrician Eric Montis, left, Master Chief Equipmentman Helen Daniel and Senior Chief Information Systems Technician Randy Williamson cut the ceremonial cake during the CPO Birthday reception at Anchors and Eagles on

board NCBC Gulfport, April 1. Montis, Williamson and Daniel all represented the youngest in their paygrade in attendance at the reception. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)



Chief petty officers from commands on board NCBC Gulfport form up in the shape of an anchor for a group photo in celebration of the 122nd

birthday of the establishment of the rank of chief petty officer. (U.S. Navy photo by Engineering Aide 3rd Class Lawrence Romang/Released)

CPOs celebrate 122 years of the "Chief"

By MCCS(SCW/SW) Jeffrey J. Pierce
NCBC Public Affairs

In honor of the 122nd anniversary of the establishment of the rank of chief petty officer, chiefs from commands on board Naval Construction Battalion Center (NCBC) Gulfport spent April 1 in celebration.

The day began early as chiefs met at Colmer Dining Facility for breakfast. After finishing their meals these same chiefs stepped in for the culinary specialists and

served breakfast to fellow service members. At 8 a.m., chiefs took their places in front of their command's flagpoles for morning colors. From there it was off to the parade field for a group photo. Instead of the standard formation, the large gathering of chiefs formed up in the shape of an anchor.

In the early afternoon, everyone with access to NCBC Gulfport was invited to a birthday celebration at the Training Hall. The celebration was highlighted with the reading of the Chief Petty Officer's Creed by Chief

Builder Zachary Vaughan, the reading of the Chief's Guiding Principles by Chief Steelworker Josh Eichelberger and by a memorial slide show honoring chief petty officers who paid the ultimate sacrifice in service to their country.

The day of celebration concluded with a reception at Anchors and Eagles. Chiefs from Naval Branch Health Clinic Gulfport provided the buffet and a special birthday cake was baked and presented by retired Master Chief Lisa Hall.

Back in time . . . Seabee history - Vietnam Era



Seabees with Naval Mobile Construction Battalion (NMCB) 121 Delta Company pour concrete on steel wonder arches to create hangars for Marine Air Groups stationed at DaNang Air Base, Republic of Vietnam, 1970. While in Vietnam, some of the projects Seabees tackled included: aircraft hangars and parking aprons,

radar huts, fuel pipelines and storage facilities, revetments, hard stands and hardened bunkers, gun pads, water supply systems, cantonments, roads, culverts and bridges, open and cold storage facilities, drainage facilities, waterfront and vehicle loading ramps. (Photo courtesy of U.S. Navy Seabee Museum/Released)

Get ready to get your green on: Center finalizes plans for Earth Day

From NCBC Environmental

Naval Construction Battalion Center (NCBC Environmental) is putting finishing touches on planned events for Earth Day, April 22.

The focus this year is on base-wide participation to include military personnel and civilian employees of the Center, as well as base residents.

To date, the following activities are planned:

- ~ Tree Planting – 10 Natchez Crepe Myrtle's will be planted on base in honor of Earth Day. Details are being worked out and will be publicized when final.

- ~ Child Development Center (CDC). Children attending CDC are preparing Earth Day artwork which will be placed for display at the NEX Mini Mart, Navy Exchange, Grill and Fitness Center from April 17 through the end of the month.

- ~ Basewide Cleanup – April 22. Each command is encouraged to clean up their areas of responsibility for both Earth Day and in preparation of Hurricane Season. Trash and debris should be removed, along with items no longer used or needed. The Recycling Center will accept paper, cardboard, wood, scrap metal, bottles and toner cartridges. These items do not belong in the dumpsters. Universal waste such as tires, fluorescent

bulbs and batteries require special handling. Contact Stanley Smith, Hazardous Waste Manager, at 228-871-2338, for additional information.

Commands are responsible for providing volunteers with necessary supplies for cleanup of responsible areas.

- ~ Fenceline Cleanup – April 22, 8:30 a.m. Volunteers are needed to conduct a fenceline clean up near the Pass Road and 28th Street gate. CBC Environmental will provide volunteers with gloves, bags, etc. Volunteers are asked to contact Danny Nichols at 228-822-5938 by April 17 for site location and other details.



Buzz on the Street

By BUCN Elizabeth Mills
NCBC Public Affairs

What are you looking forward to at Seabee Day?



"I am looking forward to the CSE display and the different guest speakers."

CE3(SCW/EXW)
Leeann Dearborn
NCBC Gulfport
Hometown: El Paso, Texas



"I am looking forward to the free rides and the live music."

BUCN Anthony Seaton
NCTC Gulfport
Hometown: Detroit, Mich.



"I am looking forward to the funnel cakes and the carnival food."

HN Dillon Garcia
NBHC Gulfport
Hometown: Tucson, Ariz.

Seabees wear denim to work during Sexual Assault Awareness and Prevention Month

By MC3 Debra Daco

Naval Mobile Construction Battalion 3
Public Affairs

Naval Mobile Construction Battalion (NMCB) 3 Seabees wore denim jeans and teal ribbons to work at Port Hueneme Naval Base Ventura County in support of Denim Day, April 2.

April is Sexual Assault Awareness and Prevention Month (SAAAPM), and Denim day is an event at which people come together and protest sexual assault by wearing jeans (denim).

Denim day was created to help raise awareness of sexual assault because of a rape case that happened in Rome, Italy, in 1997. An 18-year-old girl was raped and abandoned in an alley by her 45-year-old driving instructor. She reported the incident, and the instructor was convicted of rape and was sent to jail.

The perpetrator appealed the sentence to the Italian Supreme Court. The conviction was overturned because the victim wore

tight jeans.

In a statement by the Chief Judge, he argued, "because the victim wore very, very tight jeans, she had to help him remove them, and by removing the jeans it was no longer rape but consensual sex."

The ruling triggered a worldwide protest. Women in the Italian Parliament protested by wearing jeans to work.

"One is too many," said Chief Utilitiesman James Marquez, Sexual Assault and Response point of contact (SAPR POC).

According to Marquez, denim day is designed to educate people about sexual assault.

"Statistically, sexual assault has been decreasing because Sailors have a better understanding of what sexual assault is through training, however, sexual assault still occurs," said Marquez. "Wearing jeans on this day has become an international symbol of protest against erroneous and destructive attitudes about sexual assault."



Cards and teal ribbons are displayed at Naval Mobile Construction Battalion (NMCB) 3 for Denim Day. April is Sexual Assault Awareness and Prevention Month (SAAAPM), and Denim Day is an event for people to come together and protest sexual assault by wearing jeans (denim). (U.S. Navy photo by Mass Communication Specialist 3rd Class Debra Daco/Released)

NMCB 11 Seabees participate in DAIMIEL 2015 exercise

By Lt. Benjamin Bernhardt

NMCB 11 DAIMIEL Officer in Charge

A 20-Seabee detail from Naval Mobile Construction Battalion (NMCB) 11 joined Combined Task Force 68 (CTF 68) and Army 7th Civil Support Command (7th CSC) to participate in the Spanish military emergency unit Unidad Militar de Emergencias (UME) disaster response exercise DAIMIEL 2015, March 7 - 13.

UME was formed in 2007 and started the annual GAMMA series exercises in 2011, making DAIMIEL 2015 their fifth large-scale disaster exercise. This year's scenario consisted of a petrol chemical plant accident in Daimiel, Spain leading to an industrial fire, oil spill, citizen evacuation and contamination cleanup. With over 4,000 participants, it was UME's largest exercise to date.

When the UME invited U.S. participation, U.S. Armed Forces Europe created Task Force Foreign Consequence Management (TF-FCM). Army personnel from 7th CSC provided contamination surveying and clean up, medical and civil affairs support. Navy personnel from CTF-68, including the Seabees, performed command and control to receive assistance requests and coordinate response logistics. Special Purpose Marine Air-Ground Task Force (SP-MAGTF) Crisis Response - Africa, based in Morón, Spain,

provided aerial logistics support.

Sixteen Seabees transported TF-FCM equipment from Rota to Manzanares in a vehicle convoy across 463 kilometers (288 miles). City traffic had to be halted multiple times to allow large tractor trailers to maneuver through the narrow European streets, requiring all movements to be escorted by Spanish military or local police. Steep climbs on the route slowed the heavy loads.

"We gave it all the power we could when travelling up hills and went from 55 mph to almost 13 mph, but we made it," said Equipment Operator 3rd Class Benjamin Dixon.

The other four NMCB 11 personnel worked in the Joint Operations Center (JOC) in 24-hour command and control operations.

As a communicator, Construction Electrician Constructionman Maxwell Mandock's job was to transmit and receive messages from all participating units.

"It was definitely a learning experience on a wider range of communication equipment than is normally utilized in [a Seabees] battalion," said Mandock.

As a further challenge, most exercise communications were in Spanish.

French and Moroccan military also participated in the exercise, with observers attending from Brazil, Ecuador, Peru and Argentina. U. S.



Members of a joint task force comprised of U.S. Navy Sailors from Task Force 68 at Naval Station Rota, Spain, U.S. Army Soldiers from the 7th Civil Support Command at Kaiserslautern, Germany, and personnel from the U.S. Air Force participate in foreign consequence management planning during the Spanish Emergency Military Unit's annual GAMMA Series exercise DAIMIEL 2015. The exercise focused on humanitarian assistance and disaster relief. (U.S. Army photo by Sgt. 1st Class Matthew Chlosta/Released)

forces worked alongside their Spanish UME counterparts throughout the week. The Seabees lived in temporary berthing set up by UME, with cots double and triple-stacked in a local gymnasium to provide over 500 beds.

Chief Petty Officer Timothy Dry spoke about the training opportunity.

"Leading Seabees is always rewarding, but being able to do it while in a joint service and multinational environment is truly rewarding," said Dry.

Seabees were able to display several of our mission capabilities at Daimiel, while observing, learn-

ing, and partnering with other NATO countries on a tactical level."

After operations concluded, Colonel Castellanos, Deputy Commander of the 7th CSC, presented an Army Achievement Medal to Equipment Operator Constructionman Donald Hanson and a command coin to Electronics Technician 2nd Class Hugo Torres for their performance during the exercise.

NMCB 11 is currently forward deployed to multiple locations in support of U.S. Africa Command, U.S. European Command, U.S. Central Command, and U.S. Pacific Command areas of responsibility.

NMCB 14 Seabees build partnerships during EASTERN ACCORD 15

By Lt.j.g. Stephen Woodham
NMCB 14 Public Affairs

Seabees of Naval Mobile Construction Battalion (NMCB) 14 Detachment Horn of Africa (Det. HOA) renovated the only public restrooms at the "Source of the Nile" as part of EASTERN ACCORD 15, a joint military training exercise focused on humanitarian aid and disaster response in East Africa, March 2 - 15.

Eight NMCB 14 Seabees joined with members of the U.S. Army 404th Civil Affairs Battalion and the Ugandan People's Defense Force (UPDF) Construction Brigade to support the local population and build relationships with African militaries and local communities. The "Source of the Nile," where the Nile River flows out of Lake Victoria to begin its 2,299 mile course, is a major local tourist attraction; however, its only public restroom was in poor condition.

The Seabees and Soldiers demolished the existing latrine's interior, repaired walls, replaced doors, added lighting, placed new tile and

toilets, and painted the inside and outside of the latrine. All of the materials needed to complete the project were purchased from local vendors, supporting the Jinja economy. The finished project provides modern restroom facilities for male and female visitors to the "Source of the Nile," boosting local tourism.

Originally estimated to be a routine project, the renovation captured the attention of Commanding Generals from the United States and Uganda and officers from Tanzania, Kenya, Rwanda, and multiple European nations, along with the local population. The project quickly became the epicenter for relations between the U.S. forces, the UPDF, and the municipality.

"You may not know what a difference this job means for future relations with our African partners," said U.S. Maj. Gen. Wayne Grigsby, commanding general of Combined Joint Task Force Horn of Africa (CJTF-HOA).

The response from the Jinja municipality was overwhelmingly positive. Team members were interviewed by

a local news stations and newspapers, and were stopped out in town by locals who wished to thank them for their work.

Deputy town clerk Jofram Waidhuuba spoke about the partnership during the ribbon cutting ceremony. "On behalf of the Jinja people, we thank you so much," said Waidhuuba. "In just a few days, you give us a sense of hope, and helped promote tourism in this town."

In typical Seabee fashion, NMCB 14 left an impression of their "Can Do" spirit on everyone they met.

Major General Darryl Williams enthused, "I love Seabees, I love what you do. When I get done with this Army gig, I want to be a Seabee," said Williams.

EASTERN ACCORD 15 is a military exercise focusing on humanitarian aid and disaster response in East African nations. The 10-day training exercise enhanced participant capabilities to plan and employ forces to effectively counter violent extremist organizations as well as enhancing cooperation and coordination among participating partners. Approximately



320 military personnel from Uganda, Kenya, Burundi, Djibouti, Rwanda, Tanzania and the U.S. participated in the exercise.

NMCB 14 is a reserve Seabee battalion based out of Gulfport, Mississippi specializing in contingency construction, disaster response, and humanitarian assistance. NMCB 14 Detachment HOA is currently deployed to Camp Lemonnier in Djibouti in support of Combined Joint Task Force Horn of Africa (CJTF-HOA), which counters violent extremist organizations in East Africa through theatre security cooperation activities and enables regional access and freedom of movement within East Africa in order to protect and defend United States interests.

NMCB 5 Seabees build with students



Builder Constructionman Avery Delosh from Massena, N.Y., assigned to Naval Mobile Construction Battalion (NMCB) 5, briefs 2nd grade students on the rules of the newspaper tower building contest during a volunteer event at the Edward C. Killin Elementary School on Camp Foster, Okinawa. NMCB 5 Seabees volunteered to assist and support the school with their Science, Technology, Engineering and Math (STEM) program. (U.S. Navy photo by Builder 3rd Class Michael Capcino/Released)

NCBC Construction



March 31 – April 30: Chapel parking lot, affecting parking for buildings 124 and 366. This closure is required for additions curbing and re-paving of the chapel parking lot. Updates will be sent out as known.

April 14 and 21: The access road (command parking) between Dong Xoai Ave. and Decatur Ave. will be closed April 14 and April 21, from 8 a.m. – noon for concrete work and re-

placement of HVAC chillers on the East sides of both buildings 119 and 120. The access road at will be closed during the delivery of the crane and operations at each building. Command parking will be affected. Entry and exit to command parking will likely be affected, dependent on crane placement or operations for safety purposes. Please avoid the area if possible and watch for construction workers.

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

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Focus on Education

Are You Legal Ready?

The Region Legal Service Office (RLSO) South East (SE) Legal Assistance Department will sponsor a Legal Readiness Symposium April 29 - May 1. The symposium will be conducted in the Training Hall from 8 a.m. – noon each day. Topics will include: Consumer Credit, Ethics, Predatory Lending, Wills, Powers of Attorney, Personal Safety, Immigration, Restraining Orders, Service member's Civil Relief Act (including issues with phones, lease and civil lawsuits), Divorce, Adoption, Guard-

ianship and Custody, and guidance from the Victim's Legal Counsel. In addition, there will be briefs on Mississippi entitlements for service members, guidance on converting to the Legalman rate and "What a JAG does?" The symposium is open to Active Duty, Reservists, Retirees, their family members and Armed Forces Retirement Home residents.



April is Child Abuse Prevention Month Fleet and Family Support Center is sponsoring the following activities:

Mini Children's Health Fair

Please join us at the Commissary April 17 (during the case lot sale) from 3:30 - 5 p.m. for information on child health and wellness.



Kupcakes for Kids!

In honor of Child Abuse Prevention Month, FFSC will be providing cupcakes and face painting at the Youth Activities Center (YAC) April 16, from 3:30 - 5 p.m.



Seaman To Admiral 21 Looking For Applications

NAVADMIN 061/15 solicits applications to STA-21. The program is looking for motivated Sailors who want to become Officers! Deadline for submission of packages is July 1, 2015. Selection board convenes in September 2015, and results will be posted via NAVADMIN. Interested Sailors should visit the STA-21 website at: <https://www.sta-21.navy.mil>. Review the eligibility criteria and ensure that interested applicants meet all criteria before submitting a package. Remember that the submitted package is a direct reflection of the applicant; ensure there are no typos! Point of contact is Naval Service Training Command, Officer Development Division (850) 452-9563, PNSC_STA21@navy.mil.

NCBC Gulfport School Liaison Officer is Kevin Byrd, MWR, Building 352, 1706 Bainbridge Ave., Phone: 228-871-2117, email: kevin.r.byrd@navy.mil

NCBC Gulfport Military and Family Life Consultant (MFLC)

contact numbers by district/schools

Biloxi District

Popps Ferry Elementary and North Bay Elementary: 228-355-8115; Jeff Davis Elementary: 228-239-7393; Biloxi High School and Biloxi Junior High: 228-229-4126

Gulfport District

Anniston Elementary School, Bayou View Middle School, 28th Street Elementary School, Gulfport Central Middle School and Gulfport High School: 228-229-4234

Hancock County

Hancock Elementary, Hancock High School and Hancock Middle School: 228-229-4240

Harrison County

D'Iberville Elementary School, D'Iberville High School: 228-355-8488; West Wortham Elementary/Middle School, Harrison Elementary School, Three Rivers Road Elementary School and Lyman Elementary School: 228-355-8414

Jackson County Schools

St. Martin North Elementary, St. Martin East Elementary, St. Martin Upper Elementary, St. Martin Middle School and St. Martin High School: 228-239-7493

Long Beach District

Reeves Elementary, Quarles Elementary and Harper McCaughan: 228-229-4207; Long Beach Middle School and Long Beach High School: 228-229-4210

Ocean Springs

Ocean Springs Upper Elementary, Ocean Springs Middle School and Ocean Springs High School: 228-229-4151; Oak Park Elementary, Magnolia Park Elementary and Pecan Park Elementary: 228-355-8569

Pascagoula Schools

Trent Lott Elementary, Gautier Middle School, Gautier High School and Pasca-goula High School: 228-239-7404



EFMP POC

COMMAND TRAINING

APRIL 13, 2015

9 - 11:30 a.m.

Fleet & Family Support Center

Please call **(228) 871-3000** to register.

Military Spouse Financial Industry Regulatory Authority Fellowship

The Financial Industry Regulatory Authority is accepting applications from military spouses online at <http://www.militaryspouseafcpce.org> until April 17. The program will train military spouses to provide financial education within the military community. Upon successful completion of the program and required practical, the fellows will be awarded the Accredited Financial Counselor certification from The Association for Financial Counseling and Planning Education.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Confessions of a TV junkie

[In the basement of a dingy community center, a florescent light buzzes over a dozen or so people seated in a circle of metal folding chairs. Some nibble anxiously at store-bought sandwich cookies, while others sit in nervous silence. There is a screeching of chair legs against linoleum, as one bleary-eyed woman stands with a trembling Styrofoam coffee cup to speak.]

Hello, [clears throat] my name is Lisa ... and I, ... I am a Binge Watcher.

It's been one week since my last television fix, and I'm here to share my story.

Believe it or not, there was a time when I didn't even know what Binge Watching was. In fact, while our Navy family was stationed in Germany, we felt lucky that Armed Forces Network aired day-old episodes of Survivor and American Idol. The rest of the time, we entertained ourselves with middle-of-the-night live football broadcasts, quirky BBC cooking shows, and strange AFN public service announcements.

But when we moved back to the States, my husband and I discovered the joys of Digital Video Recording. Despite this, our television use was purely recreational. We were mere "social watchers," catching a recorded program here and there, and streaming a movie over the weekend. Little did we know, we were perched on the slippery slope of instant gratification.

Eventually, we needed more episodes to be entertained. Our digitally savvy kids introduced my husband and I to the allure of services such as "On Demand" and "Hulu." How intoxicating it was to take a double hit of "The Bachelor" and chase it with "Deadliest Catch" all in one evening!

Soon, we were hooked, and there was no going back.

Before we knew it, we were spending perfectly sunny weekends holed up in the family room of our base house watching episode after episode of random television series. We told everyone that we were "just catching up on 'Modern Family'" or that we were "simply wondering what all the hubbub was about 'Downton Abbey.'"

Ironically, it was the show "Breaking Bad" that nudged us into the deep dark abyss. We'd been jonesing to see the AMC series for a while, and when we found out that the first 54 episodes were On Demand for a limited time leading up to the final season, we knew we had just scored.

During our epic three-week "Breaking Bad" bender, we finally hit rock bottom. Our family room looked like the scene of a rave party, strewn with soda cans, popcorn and Chinese take-out boxes. Our pupils were permanently dilated as we stared, transfixed, into the psychedelic LCD screen, our cold, clammy fingers gripping the smudged remotes.

We were so strung out after that binge, we quit cold turkey for a while, satisfying our cravings with short doses of "House Hunters" and "Seinfeld" reruns in hopes that we'd avoid the painful withdrawal symptoms of rapid detox.

However, lately, ads keep popping up for April premiers of "Game of Thrones," "The Real Housewives of New York," and "Wolf Hall." The final season of "Mad Men" premiered on April 5th, and we still haven't finished watching "House of Cards" and "Downton Abbey" ... What's a TV junkie to do? Binge watch, of course!



I must confess that Spring Premiere Season has triggered my recent relapse. Although I'm not sure there's a 12 step recovery program for Binge Watching, I'm absolutely certain I'll gain 12 pounds if I don't get up off the couch and stop watching so much TV.

So, mark my words: I'm quitting Binge Watching for good this time. I'm 100 percent serious. No more lounging in sweatpants on Sunday afternoons pressing "play" hour after hour. Spring has sprung, and I'll be spending all my time in the great outdoors. I swear, I'm going to do it, and there's no time like the present.

And I'll start just as soon as the "Mad Men" final season is over.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

NCBC Gulfport
Commissary
Spring Case Lot
Sale!
April 16 - 18



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.

Stars and Stripes Golf Tournament for USO Gulf Coast

Hickory Hill Country Club
900 Hickory Hill Drive
Gautier
April 25
Registration/Breakfast:
7 a.m., Shotgun
start: 8 a.m.



4 Person Scramble
Entry Fee: \$300 per 4 person team (\$75 per player)
Includes breakfast, greens fee, cart fee, range balls and lunch. Visit <https://usostarandstripes.eventbrite.com> to register on line or contact Bobby Lamb (robert.lamb@hii-ingalls.com; 228-935-1277 or 228-257-9420

Keep What You've Earned ...

If you think you might have a drinking problem, don't hesitate to get help. The preferred method of addressing potential or suspected abuse is through a "self-referral." Self-referrals allow you to get help before a problem becomes more advanced. You can start by talking to your command Drug and Alcohol Program Advisor (DAPA), commanding officer, medical personnel or chaplain. By getting help early, you can address your drinking habits before they result in serious consequences. Remember, if you decide to seek help yourself or through the help of your command, neither will result in any disciplinary action.

Stop the drip to save a drop! Water conservation is everyone's responsibility

By **BUCN Elizabeth Mills**

NCBC Public Affairs

When most people think about water conservation, they think about it in regards to the water they use at home. However, water conservation is important on board Naval Construction Battalion Center (NCBC) Gulfport as well.

Many people do not understand that less than one percent of all the water on Earth is potable. The rest is salt water.

According to www.EPA.gov, as the world population grows, more and more people are using up water, a limited resource. Therefore, it is important that we use our water wisely and not waste it.

NCBC Gulfport's Energy Installation Manager, Jason Poe has a few tips to on how to save water in command buildings and even at home.

- ~ Install low-flow shower heads, toilets and aerators on kitchen and bathroom faucets to save water. These items can cut water usage by as much as 280 gallons a month for a typical family of four.

- ~ Don't leave the water running when brushing your teeth. You could save as much as 9 gallons each time you brush.

- ~ Report leaky faucets promptly. One faucet leaking one drop per second can waste 2,400 gallons of water a year. That's 13 years' worth of drinking water for one person.

- ~ Report "silent leaks" in the toilet, repairing a leaky toilet will save up to 200 gallons of water a day. For your home toilet tanks, perform the food coloring test: If food coloring put in the tank ends up in the bowl without flushing, you have a leak.

If you notice a problem contact your command's building manager and make a report.



NAVY-MARINE CORPS RELIEF POKER RUN - APRIL 18

11007 Wolf River Road, Gulfport

Registration: 9 a.m.

First bike out: 10 a.m., Last bike in: 4 p.m.

50/50, drawings, high hand, Food, drinks, fun!

All vehicles welcome, rain or shine!

For more information, call 228-229-2816

Presented by: The Armed Forces of America Motorcycle Club, Mississippi Chapter



From **TALE** page 1

team can expect same day access and appointments with their assigned provider," Cmdr. Brennan Autry, officer in charge, NBHC Gulfport. "In the event the provider is not available, beneficiaries have the option to see another member of their team. When patients consistently see their assigned provider or a member of their team, the frequency of visits usually decrease, patient satisfaction increases and the quality of care improves because they are seeing someone that knows their medical history."

The FCMH at NCBC Gulfport is one of three FCMHs currently being implemented by the Navy. The other two are at Naval Air Stations North Island and Whidbey Island. The FCMHs were modeled after the Marine Corps Medical Homes, which benefit Marines and Sailors who frequently deploy.

"The active duty medical personnel enrolled to FCMH are with the battalions assigned to the FCMH," said Autry. "When the Sailors deploy, their medical assets deploy with them. They get to know each other during training and when stateside, which builds trust and familiarity between the medical officers, corpsmen and their patients."

The FCMH at NCBC Gulfport was recently awarded level III recognition, the highest level possible, by the National Committee for Quality Assurance. It is the first FCMH to earn that recognition. To earn Level III recognition, Medical Homes must meet a list of set standards established by the NCOA. The standards include access to care, communications between patient and provider, patient self-management and support, care management and referral tracking.

"Earning Level III recognition means the FCMH now has the ability to succeed and provide the quality of care that is expected by Navy Medicine and



Lt. Cmdr. Bruce Yee, a medical officer at the Fleet Center Medical Home (FCMH) on board Naval Construction Battalion Center (NCBC) Gulfport, examines a patient during an appointment. The FCMH in Gulfport is one of three FFCMHs currently being implemented by the Navy. (U.S. Navy photo/Released)

beneficiaries," said Autry.

One standard for Level III recognition is advanced electronic communication. Beneficiaries enrolled to the FCMH can send secure messages to their provider or team by using RelayHealth. With RelayHealth, beneficiaries can ask non-emergency questions, request lab results, ask for a referral or schedule future appointments. To enroll in RelayHealth, visit www.RelayHealth.com or ask the FCMH.

Unlike sick calls in the past, care at the FCMH is available by appointment Monday – Friday, 7 a.m. – 3:30 p.m. Service members assigned to the FCMH can make an appointment by calling (228)822-5409 or online at www.TRI-CAREOnline.com.

The NBHC Medical Home has been active since 2010 and provides beneficiaries with acute care Monday – Friday, 7 a.m. – 3:30 p.m. Appointments for Medical Home Port Team Honor can be made by calling (228)871-4033 or online at www.TRICAREonline.com. Beneficiaries enrolled with Honor can also contact their team with RelayHealth, just like the FCMH.

"Since we opened the Medical Home, our access to care has greatly improved," said Reneil Milewski, a registered nurse and medical home clinic manager for NBHC Gulfport. "The continuity of care has also improved

and our patients get to know their providers better, which results in better care."

The FCMH and NBHC Medical Home share many of same services such as radiology, pharmacy, immunizations, laboratory and dental. Another service both Medical Homes share is an integrated behavior health coordinator (IBHC). The IBHC works with the Medical Home Port teams to provide a care plan that will help beneficiaries cope with emotional issues such as weight loss, sleep disorders, tobacco sensation and chronic pain. The IBHC can also help service members and their families with the emotional struggles of deployments.

"The IBHC is a great asset for everyone enrolled to either the FCMH or the [NBHC] Medical Home," said Autry. "In many cases, physical issues also create emotional issues, and the IBHC works hand-in-hand with the patient and their provider to develop a comprehensive health care plan."

With improved access to care that include same day appointments, high standards for quality care and a team of health care providers committed to care, beneficiaries enrolled to either the FCMH or the NBHC Medical Home can expect outstanding health care for themselves and their family.

NCBC Helping Hands

ART IN THE PASS - Pass Christian is hosting the Art in the Pass art show April 10-12, 10 a.m. – 5 p.m., at War Memorial Park. Volunteers are needed to help artist set up booths, carry and help set up sound equipment on gazebo stage, assist food vendors in setting up and maintaining their areas, sell tickets and welcome visitors. Volunteers are needed April 10, 11 a.m. – 4:30 p.m., April 11 and 12, 8 a.m. – 5 p.m. Point of contact is Martha Hawkins, 228-265-2955; Jane Parrish, 228-596-3363/jparrish46@gmail.com or Jamie Bridger, 228-363-0450/jbridger49@aol.com.

HABITAT FOR HUMANITY OF THE MISSISSIPPI GULF COAST OVER THE EDGE - HFHMGC is going Over the Edge, April 18. Over The Edge is a unique fund raising event to benefit HFHMGC, where participants who raise a minimum of \$1,000 have the opportunity to rappel down the Beau Rivage from the 27th floor. Volunteers are needed for shifts from 7 a.m. - 7 p.m. Duties include: escorting Edgers, assisting in staging and landing zone, registration, security and more. Volunteers will receive an Over The Edge T-shirt to wear. To volunteer, please contact Kelly McGill at kmcgill@hfhmgc.org or call 228-678-9100, ext. 1016 by April 10.

CHRISTIAN COLLEGIATE ACADEMY - Christian Collegiate Academy on Dedeaux Road in Gulfport is asking for volunteers to help them at their 8th Annual Spring Festival, April 18. Volunteers are needed to set up the festival and to perform miscellaneous duties. For more information, please contact Kathy Wall, 228-861-8337 or kathywall@cableone.net.

WEST HARRISON HIGH SCHOOL - West Harrison High School, 10399 County Farm Road, Gulfport is asking for volunteers to serve as testing proctors April 10, 7:15 a.m. – 3 p.m., April 14 – 17, 7:15 a.m. – 3 p.m., April 20 – 24, two shifts: 7:15 – 10 a.m. and 11:15 a.m. – 3 p.m., April 27 – May 1, two shifts: 7:15

- 10 a.m. and 11:15 a.m. – 3 p.m., May 4 – 8, two shifts, 7:15 – 10 a.m. and 11:15 a.m. – 3 p.m., May 11 – 15, 7:15 a.m. – 3 p.m. Volunteers do not have to work all of the days, but are asked to stay until testing is completed for the day. Point of contact is: Julie Cullinan, 228-539-8900, or JCullinan@harrison.k12.ms.us

Bethesda Free Clinic, Ocean Springs - The Bethesda Free Clinic will be sponsoring a booth at the ColOhr Fest, April 25, 9 a.m. – 8 p.m. and April 26, 10 a.m. to 6 p.m. at the Ohr-O'Keefe Museum in Biloxi. Volunteers are needed to hand out fliers and information about the clinics services and health/wellness information that the clinic provides. Volunteers may sign up to help all day or any hours that would be convenient. Volunteers who have a medical background are needed to help with blood pressures and finger sticks (for blood sugar levels). Point of contact is Teresa Dubuisson, 228-818-9191.

READING TUTORS - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 to volunteer.

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.

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.

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.

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.

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.

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)

10:30 a.m. - Services

Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

Catholic

Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

10 a.m. - CCD (Pre-K through 12th Grade)

Weekdays

Monday, Tuesday & Friday – 11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour

6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

Courses: safeTALK: April 21*, April 22 and April 28*, 8 a.m. – noon (*designated training for Security*)

The Chapel is currently undergoing renovations and events schedule are subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at gulfport-chapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis

APRIL 10-16



Navy Outdoor Recreation

April Special- Rent any inflatable and receive your choice of a popcorn/ cotton candy/ sno cone machine OR 1 six foot table and 7 chairs at no cost! Call 228-871-2127 for info

Auto Skills Center

Every Thursday in April enjoy FREE Tire Rotation services by appointment! Call 228-871-2804 to schedule yours today!

ITT

Sail away with Ship Island Excursions Tickets now available at ITT! Call 228-871-2231 for details

The Grill

Get your caffeine fix for FREE* at The Grill during COFFEE CRAZE all month long! 7 -9 am *with food purchase Stop in today for yours! Call 228-871-2494 for more details

Fitness

Stop in for new Virtual Fitness Classes Monday – Saturday!
Captain's Cup Softball signups
 Now through 4/13
 4/15- Taxman 5K Fun Run & Zumba-Thon
 4/17- Tri-Earth-a-Thon
 Call 228-871-2668 for information

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



Apr 10- 5:30 p.m., Phoenix Suns vs. New Orleans Pelicans, \$27
 Apr 12- 10 a.m., Honey Island Swamp Tour, \$18
 Apr 14- Tournament Tuesday's – NBA 2K15 Tournament, 1st Place Prize
 Apr 16- 6:30 p.m. Free Movie Thursday at the Digital Cinema, Pick up coupon at Liberty

Digital Cinema at the Training Hall

April 10
 6 p.m.
 The Second Best Exotic Marigold Hotel (PG)
 8:30 p.m.
 Run All Night (R)

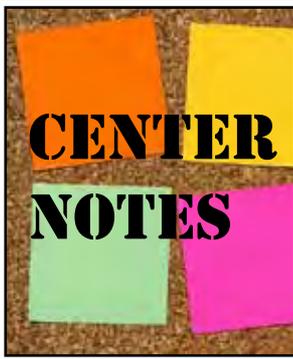
24 Hour Movie Hotline
 228-871-3299

April 11
 2 p.m.
 Cinderella (PG)
 5 p.m.
 Unfinished Business (R)
 7 p.m.
 Chappie (R)

April 12
 2 p.m.
 Cinderella (PG)

4:30 p.m.
 Unfinished Business (R)
\$1 SHOWING

Bldg 446, Marvin Shields Blvd.



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 Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

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 Activities 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 nmcb11frg@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 Activities Center. Children are welcome and baby sitting 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.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.

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 Di-

versity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, CS1 Gloria Moody at 228-871-3459 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long Beach

Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach

Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 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 service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

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 wel-

come 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 or for links to historical sites, visit: <http://nmcb62alumni.org>.

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, please contact Eugene Cowhick at eugene.cowhick@navy.mil 228-871-3877 or Cell 228-224-5038 or Robert Smith, at Robert.p.smith5@navy.mil, 228-871-2436. Or join us on the second Thursday of each month at 6 p.m. in the Gulfport DAV, Chapter 5, 2600 23rd Ave, 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. For info, contact the museum at www.seabee-museumstore.org or call gift store at 228-871-4779.

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

11th Annual Run for Relief 5k and Military Challenge 5k May 1, 6 p.m.



Same day registration will open at 5 p.m. Pre-Registration: \$15 (T-shirt guaranteed), Race Day Registration: \$20 Register online at: ([processing fee of \\$2.50](https://www.racesonline.com/events/11th-annual-run-for-relief-5k-and-military-challenge/participants)) <https://www.racesonline.com/events/11th-annual-run-for-relief-5k-and-military-challenge/participants>. Face the Military Challenge - Be the fastest three person military team that takes home the trophy in 2015 to display at your Command. Trophies go to the first overall male and female, first overall masters male and female, and first Overall grand masters male and female, seniors male and female, and to the top three finishers in the usual age divisions. Learn more about NMCRS at: www.nmcrs.org



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.



SEABEE DAY 2015



NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISS.

April 11, 2015

9 a.m. to 4 p.m.

Free Community Event
Open to the Public
www.seabee.org



Seabee Day schedule of events

6 a.m.	Gates open for vendors	
9 a.m.	Seabee Day 2015 opens	
9 - 9:50 a.m.	Myles Sharp w/Rebecca Powers	On stage
9:50 - 10 a.m.	Convoy Security Team Demo	Roadway
10 - 11 a.m.	Myles Sharp w/Rebecca Powers	On stage
11 a.m.	Welcome Ceremony Rob Mims, NCBC Public Affairs Officer Judge Gay L. Polk-Payton - National Anthem Chaplain Davis - Invocation Cmdr. Anthony Conley, NCBC Executive Officer	On stage
11:15 - 11:45 a.m.	Hooters Chicken Wing Eating Contest	Front of stage
11:45 a.m. - Noon	Navy Reserve Centennial Commemoration	
Noon - 12:50 p.m.	Tiera	On stage
12:50 - 1 p.m.	Convoy Security Team Demo	Roadway
1 - 2 p.m.	90 degrees West	On stage
2 - 2:10 p.m.	Car Show Awards	On stage
2:10 - 3 p.m.	90 degrees West	On stage
3 - 3:10 p.m.	Convoy Security Team Demon	Roadway
3:10 - 4 p.m.	90 degrees West	On stage
4 p.m.	Seabee Day 2015 closes - Rob Mims	On stage
4 - 5 p.m.	Vendors Depart	

All Day Events

Starts at 9 a.m.	Free Carnival Rides and Free Kids Play Area (Moon Bounce, Rock Climbing Wall, Carnival Games, etc.)	MWR World & Grinder
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