

# SEABEE COURIER

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## Fright Night 2015



A crowd of about 4,000 ghosts, goblins and an assorted cast of characters came out to enjoy the crisp, fall air at the annual MWR-sponsored Fright Night at Ladd Circle, Oct. 30. Those who dared gathered their courage and made the trek through the Haunted Maze. Children entered costume contests, played games, won prizes and happily navigated up and down Trick or Treat Trail collecting assorted goodies. Those who were worn

out from all of the activities were happy to climb on to a wagon and go on an old-fashioned haunted trail hay ride. Young or old, there was something for everyone at the annual Fright Night, and guests went home with bags full of candy and smiling faces! (U.S. Navy photo courtesy of MWR/Released)

For more FRIGHT NIGHT photos, see page 4 and MWR's Facebook site

NCBC

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# Suicide Prevention: We have the Power and Responsibility to Help

By Vice Adm. Bill Moran  
Chief of Naval Personnel

Suicide is a tragedy that the Navy works to address every single day. While we have strengthened prevention and intervention strategies, we can't stop there.

Over the past year, we've aggressively informed Sailors and commands of warning signs, provided prevention tips, and set command climates that support open dialogue and encourage Sailors to seek help.

Last month during Suicide Prevention Month, we launched "1 Small ACT." Preventing suicide, however, is not a momentary action, or something we think about one month out of the year; it's 24 / 7 / 365. It is about breaking barriers and encouraging Sailors to seek help. It's about taking time to care and asking tough questions.

Right now in your division, your office, your department, your ship or your command, there is someone that may need your help, struggling with stress or having thoughts of suicide. Be aware of the following trends

and signs:

- ~ Most of our suicides occur among enlisted 20-24 year old Caucasian males
- ~ Relationship problems and transitions are significant contributors with more than 50% of the Sailors who died by suicide in the past three years experiencing relationship problems
- ~ Fall from glory (legal, disciplinary, personal failure, loss of status) continues to be a factor in many suicides
- ~ Death by firearm is the most common method of suicide



Progress will be made one Sailor at a time, one act at a time. Talk to your shipmates, look for these signs. Ask them how they're doing. Open the dialogue. Help those in distress.

Assistance is always available. Call the Military Crisis Line at 1-800-273-TALK (8255), [www.militarycrisisline.net](http://www.militarycrisisline.net) or text 838255 for free confidential support 24 / 7.

## FOCUS: November Tip of the Month

### From Families Over Coming Under Stress (FOCUS)

November is National Month of the Military Family, and a month of giving thanks! What are you thankful for this month? Have you shared your gratitude with your loved ones? Now is a wonderful time to leave little notes in lunch packs or on bathroom mirrors, just because. Sharing your feelings with your family increases your family bond and models to your children how important it is to be thankful for each other. Find more ways to share your gratitude with your family and to build your family strengths at the FOCUS program.

FOCUS (Families Over Coming Under Stress) is a resiliency-building program of the Navy Bureau of Medicine and Surgery (BUMED). It is confidential and designed for military couples and families facing the multiple challenges of combat operational stress during wartime. FOCUS promotes family strengths and supports couples and parents to help manage the challenges of military life. Through the sharing of perspectives, families make meaning together and thereby grow in unit cohesion, mutual care, and effective communication. In the context of their unique stories, couples and families learn and practice key skills to enhance communication, problem

solving, goal setting and overall family resilience. Making meaning as a family unit as well as enhancing resiliency skills have been shown significantly to increase a family or couple's ability to handle military and life stressors more effectively.

Contact us today to learn more about FOCUS and to schedule your fun and personalized training sessions! FOCUS is located at 304 John Paul Jones, Room 405, next to Anchors & Eagles. The main office phone number is (228) 822-5736, and our general email is [gulfport@focusproject.org](mailto:gulfport@focusproject.org). For more information about FOCUS, visit us online at [www.focusproject.org](http://www.focusproject.org) or [www.facebook.com/FOCUSresiliencytraining](http://www.facebook.com/FOCUSresiliencytraining).

**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](http://www.Safe-Helpline.org); Call: 877-995-5247; Text \*55-247 (inside the U.S.); Text \*202-470-5546 (outside the U.S.) \*Text your location for the nearest support resources.

**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



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 man the entry point to the Combat Operations Center Nov. 2, during the Navy Expedition Combat Command Integrated Exercise (NIEX) 2016 Operation Safeguard Griffon, which serves as NMCB 133's fleet response training plan advanced phase certifying event. NIEX is an integrated exercise designed to support the evaluation of 22 Naval Construction Regiment (NCR), Explosive Ordnance Disposal Mobile Unit (EO-DMU) 1, NMCB 4, and NMCB 133, operating from Gulfport, Colorado, Calif., Port Hueneme, Calif., and Virginia Beach, Va. (U.S. Navy photo/Released)



Steelworker Constructionman Brianna Cuison, left, and Construction Electrician Apprentice Caira Isidore, assigned to Construction Battalion Maintenance Unit (CBMU) 303 fold cots while performing an inventory on board NCBC Gulfport, Nov. 3. Members of CMBU 303 are currently undergoing training on board the Center. CBMU 303 was commissioned Aug. 21, 1993 at U.S. Naval Station Treasure Island, San Francisco, Calif. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Eleonor Payne, a caregiver at the NCBC Child Development Center (CDC), shows 10-month-old Jeremiah how to eat from a plate during a lunch time lesson at the CDC. Child care is available at Monday – Friday, 6 a.m. – 5:30 p.m. for children 6 weeks to 5 years old. For more information about the CDC, call 228-871-2323. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

NCBC Holiday Party  
Dec. 3, 6 - 11 p.m.  
Lookout Steakhouse

**Door Prizes!**

Ticket prices:

E4 & below: \$5

E5: \$10

E6 & above/Civilians: \$15

**HOLIDAY PARTY**

**Music!**

**Dancing!**

**Great Food!**

For tickets contact:  
NC1 Pringle and  
YN1 Burke in Building  
1; CS1 Moody at Colmer  
Dining Facility and  
CS1 Darby at Unaccompanied  
Housing

**See Something Suspicious,  
Say Something Immediately!**

Report suspicious activity which is defined as any observed behavior that could indicate terrorism or terrorism-related crime. Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement. Call 228-871-2361 or 911.

# Buzz on the Street

BUCN Elizabeth Mills  
NCBC Public Affairs

With Thanksgiving just around the corner, we asked ...

*"What are you thankful for?"*



"I am thankful for my family, because when I'm feeling down, they know how to pick me right up!"

**CECN Sam Krider**  
NMCB 133  
Hometown: Clayton, N.C.



"This year I am thankful for my little one, [sic] cause he should be arriving any day now!"

**BU3(SCW) Christina Cotton**  
NCBC Gulfport  
Hometown: Columbia, Mo.



"I am thankful that America opened its arms up to me and for being able to be in the U.S. Navy!"

**BUCR Sean Roldan**  
NMCB 133  
Hometown: Pampanga, Philippines

## Spooky, Scarey Fright Night Fun!



# Gulf Coast to pay tribute to Veterans with a variety of programs, parades and discounts

## Veterans Day history

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, Nov. 11, 1918.

In legislation that was passed in 1938, Nov. 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'"

As such, this new legal holiday honored World War I veterans.

In 1954, after having been through World War I, World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans."

With the approval of this legislation June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

### Veterans ... by the numbers:

According to the U.S. Census bureau in 2013 there were:

- ~ 19.6 million veterans living in the United States.
- ~ 1.6 million were female
- ~ 9.3 million veterans were aged 65 or older
- ~ 1.7 million veterans were younger than 35
- ~ States most heavily populated by veterans: California (1.7 million), Texas and Florida (1.5 million each)



### Area restaurant specials for Veterans

Below is a list of some of the businesses and entities offering specials to veterans. For more information on deals and dates go to [www.military.com](http://www.military.com) or [www.militarybenefits.info](http://www.militarybenefits.info).

**Applebees** - Veterans Day Appreciation Free meal, Nov. 11: There will be 7 entrées to choose from, beverage and gratuity not included.

**Chili's Restaurant** - Free meal, Nov. 11. Chili's is offering all military veterans past and present their choice of any lunch combo, or your choice of a dinner meal from a select menu, including any full-size flatbread. Dine-in from limited menu only; beverages and gratuity not included.

**Denny's** Veterans Day Dinner - Nov. 11, 5 a.m. - noon.

Free Build Your Own Grand Slam.

**Golden Corral** - Free meal, Nov. 11, 5 - 9 p.m. - The 15th annual Golden Corral Military

**Little Caesars Pizza** - Nov. 11. Free pizza or \$5 HOT-N-READY Lunch Combo to all veterans between 11 a.m. and 2 p.m.

**Longhorn Steakhouse** - Veterans Day Nov. 11. Complimentary Texas Tonion and non-alcoholic beverage.

**O'Charley's**, Nov. 11 - Free entree from the \$9.99'er menu.

**Olive Garden** - Free entrée, Nov. 11.

**Outback Steakhouse** - Nov. 11. Outback Steakhouse is honoring America's military veterans by offering a free Bloomin' Onion and a non-alcoholic beverage. Also receive

15 percent off your purchase from Nov. 12 - Dec.31.

**Red Lobster** - Nov. 9 -12. Free Appetizer or Dessert during the week of Veterans Day. Vets may choose from a select list of appetizers and desserts.

**Texas Roadhouse** - Veterans Day Meal - Nov. 11. Free lunch event to honor the men and women of our armed forces. Choose from one of 10 free meals, plus sides and a soft drink, coffee, or tea. Dine-in only.

**T. G. I. - Fridays** - Nov. 11. Free lunch from 11 - to 2 p.m. Dine-on only at participating locations.

*Offers good for all veterans - including all active, retired or former U.S. military. Must have valid ID, DD-214, be in uniform, or other valid proof.*

**Biloxi High School Tribute** - Biloxi High School is inviting veterans of all services to their annual Veterans Day Program Nov. 9 at 1:30 p.m. Biloxi High School is located at 1845 Richard Drive, Biloxi. contact Deborah Holliday at 228-435-6104 or [Deborah.holliday@biloxischools.net](mailto:Deborah.holliday@biloxischools.net).

**Free Tribute to Vets concert at Kress Live in Biloxi featuring Saliva, Nov. 12 at 6 p.m.** The show is free to all Veterans. We are also feeding the troops, so bring your appetites. All VETS & ACTIVE DUTY will be treated to free food by Bacchus Biloxi while it lasts!

### 15th Annual Gulf Coast Veterans Day Parade

Honoring the Mississippi National Guard

**SATURDAY**  
**November 7, 2015**  
**Gulfport, MS**  
**Parade at 11am**  
**FESTIVAL 10am-4pm**

**COME JOIN US!**

Antique Military Vehicles, Floats, Military Marching Units, Marching Bands, JROTC Groups and all the pomp and circumstance!

This event is FREE to the public. Our Veterans have already paid the price! For more information: Website: [www.ms.veteransparade.com](http://www.ms.veteransparade.com) FB: [www.facebook.com/veteransdayparade](http://www.facebook.com/veteransdayparade) Phone: (228) 669-4997

November 5, 2015

## RED WHITE & BLUE

### IN JONES PARK

**FOOD  $\pi$  MUSIC  $\mu$  VENDORS**

**FUN FREE FAMILY FESTIVAL!**

**Saturday, November 7, 2015 10am - 4pm**

Sponsored by the City of Gulfport and Gulf Coast Veterans Parade, Inc.

For More Information Contact Laurie Toups at 228-868-3414

### 4th Annual Long Beach Veterans Day Parade and Concert

The annual Veterans Day Parade and Patriotic Concert organized by the First United Methodist Church of Long Beach will take place Nov. 8 at 1 p.m. The parade down Jeff Davis Avenue will include all branches of the military. Following the parade, a patriotic concert will be held on the Town Green where free refreshments will be served. Area choirs, bands, and soloists that would like to perform are welcome. For more information, contact Susan Taylor, 228-332-1083.

### Long Beach Middle School Veterans Program

In recognition of our military's service and sacrifice, Long Beach Middle School will honor all local veterans and current or former military members at their 2015 Veterans Day Program Nov. 10 at 9 a.m., inside the school gymnasium. All veterans and military members are welcome to the patriotic Veteran's Day celebration presented by the Student Council. A reception will immediately follow the program. Long Beach Middle school is located at 204 N. Cleveland, Long Beach.

Seabee Courier



Steelworker Constructionman Katelyn Kirkpatrick, from Greenville, S.C., assigned to Naval Mobile Construction Battalion (NMCB) 1, searches Personnel Specialist 1st Class Jennifer Johnston, from Killeen, Texas, during an evacuation control center training exercise at Camp Mitchell on Naval Station Rota, Spain, Oct. 11. U.S. Naval Forces Europe-Africa, headquartered in Naples, Italy, oversees joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests, security and stability in Europe and Africa. (U.S. Navy photo by Mass Communication Specialist 1st Class Brannon Deugan/Released)

## Seabees of NMCB 1 conduct evacuation exercise in Spain

By MC1 Brannon Deugan  
NMCB 1 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 1 conducted a training exercise on operating an Evacuation Control Center (ECC) at Camp Mitchell on Naval Station Rota, Spain, Oct. 11.

The training prepared NMCB 1's Seabees to operate an ECC and to assist with the evacuation of U.S. citizens when Americans and diplomatic personnel are living, working or traveling abroad in unstable regions of the world.

"This training is conducted in preparation of NMCB 1 being called upon to assist in the evacuation of non-combatants from a country," said Ensign Jeremiah Cahill, NMCB 1 officer in charge of the Evacuation Control Center. "NMCB 1 conducts the ECC exercise once a month to ensure that the Seabees involved understand how to expedite the evacuation process in a safe manner for all involved for when the occasion arises to perform this tasking in the region.

The training is conducted monthly by NMCB 1 during deployment to the U.S. 6th

Fleet in order to ensure everyone is familiar with the process in order to quickly and effectively complete the task of evacuating non-combatant personnel from unstable regions.

"This training is good because it allows us to get familiarized with the process so we don't get surprised if we really need to complete this tasking, said Steelworker Constructionman Katelyn Kirkpatrick. "I have learned how to more efficiently search people, and I have enjoyed this learning experience. Each time we complete this training, I learn something new, and it is exciting to learn how this process works. When we know what to do, it helps us to remain calm when the people being evacuated are scared," Kirkpatrick said.

NMCB 1 is a Seabee battalion that specializes in contingency construction, disaster response, and humanitarian assistance. U.S. Naval Forces Europe-Africa, headquartered in Naples, Italy, oversees joint and naval operations, often in concert with allied, joint and interagency partners, in order to advance U.S. national interests, security and stability in Europe and Africa.

## NMCB 133 Air Det conducts concrete placement for base gazebo

By CMCN John Posey  
NMCB 133 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133 Air Det recently completed a concrete placement for a new gazebo at the intersection of Moreell Avenue and Marvin Shields Boulevard, on board Naval Construction Battalion Center (NCBC), Gulfport, Sept. 29.

The project crew, led by Builder 2nd Class James Sachsel and supervised by Steelworker 1st Class Jarrod Cagel, used eight cubic yards of concrete for the placement. The new gazebo is the second project completed by Seabees from NMCB 133 Air Det during this homeport cycle.

The placement incorporated the entire eight-person crew from start to finish. The first task was to conduct a slump test to ensure the concrete was adequate for the site. They then worked together to pour and level the rough foundation before the concrete could be screened and finished. The new gazebo replaces an existing structure that was starting to weather and show signs of deterioration.

"This new gazebo helps improve not just the quality of life, but the aesthetics of the base as well," said Cagel.

NMCB 133 entered this homeport with a focus on quality training and increased hands-on experience. "The gazebo project has provided valuable experience and excellent learning opportunities for our Seabees prior to the upcoming deployment in 2016," said Sachsel. "The resources and experienced personnel are not always available to us during a deployment, so this project, along with the other homeport projects, have provided NMCB 133 Seabees with valuable on-the-job training."



Chief Builder Andrew Brandmeier, right, instructs Builder Constructionman Benjamin Sadak, both assigned to Naval Mobile Construction Battalion (NMCB) 133, on the proper technique of using a hand float to finish concrete during placement. Seabees from NMCB 133 Air Det completed a concrete placement, Sept. 29 on board Naval Construction Battalion Center (NCBC) Gulfport. (U.S. Navy photo/Released)

### Two opportunities to make a child smile

Toys for Tots – Marines will be collecting toys at the Red White and Blue Veterans celebration at Jones Park in Gulfport Nov. 7 from 10 a.m. – 4 p.m. The Marines will be located at Barksdale Pavilion. Marines will also be collecting toys at the Long Beach Veterans Day celebration at the Town Green, Nov. 8, from 1 – 5 p.m.

Help them bring joy to a child in need by donating a new unwrapped toy



# Back in Time: Seabee History - Vietnam Era

**Nov. 1**  
1967: Seabee Team 5801 graduated from Seabee Team Training, and was assigned to Officer in Charge, Construction Battalions, Pacific Detachment, Republic of Vietnam (RVN), deploying to Chau Doc.

**Nov. 2**  
1942: The offices of Director Atlantic Division and Director Pacific Division, Bureau of Yards and Docks were established.

**Nov. 3**  
1969: NMCB 1 deployed from Camp Campbell, Phu Bai, RVN to Camp Haskins North, Da Nang, RVN. NMCB 1 relieved of command of Camp Campbell by Headquarters Company, 101st Airborne Division. NMCB 1 assumed command of Camp Haskins North from NMCB 53.

**Nov. 4**  
1942: Camp Peary established, Williamsburg, Va., named in honor of Rear Adm. Robert E. Peary, CEC, USN.

**Nov. 5**  
1971: Seabee Teams 1019 and 1020 were disestablished. Seabee Teams 1021 and 1022 were established.

**Nov. 6**  
1942: 40th Naval Construction Battalion (NCB) commissioned at Camp Endicott, Davisville, RI.

**Nov. 7**  
**1971: Seabees of NMCB 4** arrived at their homeport of Port Hueneme. This was the last full battalion to depart from the Republic of Vietnam. Their departure marked the end of a significant chapter in the Seabee effort in Vietnam. An effort which began at Chu Lai in 1965 and resulted in the construction of approximately \$200 million worth of facilities in support of U.S. forces.

**Nov. 8**  
1969: Seabee Teams 1113 and 1114 transferred to NMCB 3 to become Seabee Teams 0315 and 0316, respectively, due to disestablishment of NMCB 11.



A prefabricated gun tower built by Naval Mobile Construction Battalion (NMCB) 5 out of Port Hueneme, Calif., is transported by a Skycrane helicopter to its position at Dong Ha Combat Base, RVN, February 1968. (Photo courtesy of U.S. Navy Seabee Museum)

## NMCB 27/NMCB 1 Joint Project



U.S. Navy Seabees from Naval Mobile Construction Battalion (NMCB) 1 and NMCB 27 smooth out wet concrete for an aircraft maintenance pad at Chabelley Air Field in Djibouti, Africa, Oct. 26, 2015. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa. (U.S. Navy photo by Lt. Andrea Difuntorum/Released)

### RACE ENGINES, DIRT BIKES, ATVs, CIGARETTE BOATS, ZODIACS

Are you up to the challenge of hard work and repairing unique SOF equipment?

Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates



- Motivated to Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Obtain Secret/TS clearance

Email us at: [IDEVGRURecruiting@vb.socom.mil](mailto:IDEVGRURecruiting@vb.socom.mil) or contact your detailer to request additional information.

## NCBC Great Fall Clean-Up Tuesday, Nov. 10

For all NCBC Commands and Tenants

- Indoor areas
  - \* General housekeeping/purge old files
  - \* Clean entries, stairwells, and storage rooms
- Outdoor areas (Unit AOR)
  - Pick-up litter/debris around respective facilities and fence lines
  - Clean-up unit parking lots and sidewalks including weeds and debris/trash

**Do: Recycle – paper, cardboard, plastic, and metals in appropriate bins/containers**

**Don't: Put HAZMAT/HAZWASTE in dumpsters or throw out**

Housing residents are encouraged to take advantage of the nice fall weather and perform a final fall yard cleaning.

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Serve and be served: Honoring our military community on Veterans' Day

Now serving R-1-4-7, at window number three," a mechanical female voice said from the base clinic's new automated pharmacy system. My ticket read "R-154".

I grabbed a copy of the base newspaper, The Navallog, from the rack inside the revolving door, and took a seat with all the others in the waiting area. I searched the pages for something to distract me from my tendency to people-watch.

I recognized my base neighbor in a photograph and pulled the paper closer to my eyes. "Subway opens at NEX" one headline read, and my mouth watered thinking of my favorite tuna on wheat. There was a blurb about a foreign policy lecture at the War College, and I made a mental note to tell my husband about it.

"Now serving R-1-4-8 at window number two." Sigh.

After a swish of the revolving door, I heard heated banter, prompting me to peek over the classified ads.

"Now you sit down right there!" A tiny old woman with bushy salt-and-pepper hair and a shirt embroidered with teddy bears barked at her companion, while pointing to a row of chairs. The companion was an even older woman - a friend? A sister? A neighbor? - with short wispy white hair, thick glasses and a quad cane.

The companion hobbled over to the chairs and sat begrudgingly, muttering something about not needing any help. The two argued about where to put their pocket books, until one blurted, "Knowing me, I'll forget where it is. I can't even remember where I parked the car!" and they both laughed.

Clearly, their hostile banter was just a shtick. These two were good friends, most likely retired military friends or military spouses, helping each other in the pharmacy.

As I watched them, I wondered what their lives had entailed. They looked to be in their late 70s or 80s, both wearing the



elastic-waisted polyester pants that are advertised in the back of Parade Magazine. How long were they in the military? What had they lived through?

I wasn't the only one watching the feisty old retirees' comedy act. A man in uniform waiting nearby stepped toward them and said, "I got you a number from the kiosk over there. You need one to pick up a prescription. It's a new system, but I can help you."

The white-haired woman grumbled and snatched the ticket from the serviceman's hand, having no intention of learning the new-fangled system. Her salt-and-pepper friend thanked the man kindly, before scolding her companion for being rude.

Others standing by peeked over to see the number on the women's ticket - R-156 - so they could help when the time came. Everyone seemed to understand that these women had earned their place in the line, and in life.

There was no need for the women to abide by the new pharmacy system or tone down their cantankerous banter. Somehow, the rest of us in the waiting room knew they were to be respected and taken care of, and it was our duty to do it.

We watched with genuine reverence, knowing that someday, we'll be the retirees in the military clinic pharmacy waiting rooms needing help. We'll be the ones wearing wrap-around sunglasses, pushing shopping carts through the commissaries, bickering over coupons and deli meats. We'll be the ones telling old stories of proud moments, of sacrifices, of military friends lost and gained along the way.

Without a spoken

word between us, we made a collective pact to help the two retired women that day.

It took 37 minutes for my number to be called, but I was grateful for the opportunity to observe the military folks around me. Whether we know each other personally or not, we are one people, one community, one family. We share experiences and a sense of respect for our unique lifestyle.

And we take care of each other.

This Veterans' Day, open your eyes to fellow military members in your community. Share stories, show respect, and lend a helping hand.

*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](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

### Energy Savings Tip:

Do you really need that second refrigerator or freezer in the garage? If you only use it once or twice a year it may be beneficial to get rid of it and use an ice chest for temporary food or beverage storage. Selling, donating or recycling could make energy cents!



### Fitness Center Hours

Monday - Friday:  
4:30 a.m. - 9 p.m.  
Saturday - Sunday:  
7 a.m. - 7 p.m.

# Focus on Education

## NEX gives back to students with its A-OK Student Reward Program

### From NEXCOM Public Affairs

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of November.

Any eligible full-time student that has a B-grade point average

equivalent or better, as determined by their school system, may enter the drawing. Home-schooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must

re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student 19 discount coupons for NEX products and services. Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded over \$640,000 to students with the help of its generous vendor partners.

**CPR/AED Classes** NCBC Fire and Emergency Services is offering Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) classes to organizations on board the Center. For more information, call 228-871-2414.

**New to military family housing?** Did you know that OP-NAVINST 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 at the NCBC Fire Department on the first and third Wednesday of 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.



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

## FFSC Career Fair

When: Nov. 17. 10 a.m. - 1 p.m.

Fleet and Family Support Center, Building 30

Phone: 228-871-3000 for additional information

Bring your resume and come prepared to interview  
Spouses welcome!



## Education Notes

### New Navy Spouse

Confused about TAD, PRT, BAQ, NEX and FEX? Think that 1400 is simply a numeral missing a comma? FFSC - that's Fleet and Family Support Center - invites you to their New Navy Spouse class Nov. 9, from 9 a.m. - Noon in building 30. Call 228-871-3000 to register.

### Genealogy for Beginners

Interested in tracing your ancestry? Fleet and Family Support Center (FFSC) Gulfport is hosting Genealogy for Beginners, Nov. 19, 9:30 a.m. - 3 p.m. The course will be taught by Joyce Griffith and Anne Anderson, both genealogy subject matter experts. Everyone with authorized base access is invited. Sign up by calling FFSC, 228-871-3000.



## November Fire Safety

From NCBC Fire and Emergency Services

### Enjoy your fried Turkey, but remember these tips!



^ Turkey fryers should always be used outdoors, a safe distance from buildings, off of wooden decks and any other material that can burn.

^ Make sure the turkey is completely thawed and be careful with marinades. Oil and water don't mix, and water causes oil to spill over, which may cause a fire or even an explosion.

^ The National Turkey Federation recommends refrigerator thawing and to allow

approximately 24 hours for every five pounds of bird thawed in the refrigerator.

^ Watch the weather ... never operate a fryer outdoors in the rain.

^ Choose a smaller turkey for frying. A bird that is 8 to 10 pounds is best.

^ Turn off the burner before lowering the turkey into the oil. Once the turkey is submerged, turn the burner on.

^ Wear goggles to shield your eyes, use

oven mitts to protect your hands and arms.

^ Once finished, carefully remove the pot from the burner, place it on a level surface and cover to let the oil cool overnight, before disposing of the oil.

^ Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. Be sure to read up on fire safety so that you can use your best judgement when dealing with fire.

# NCBC Helping Hands

## GULFPORT SCHOOL DISTRICT MISSISSIPPI READING FAIR

**JUDGE** - A volunteer is needed to judge a district-level Reading Fair at Bayou View Elementary School Dec. 2 at 8 a.m. Judges will determine which projects in each category proceed to the next round of competition. To volunteer, contact [patricia-cooper@gulfportschools.org](mailto:patricia-cooper@gulfportschools.org).

**WREATH LAYING - BILOXI NATIONAL CEMETERY** - Crusaders for Veterans needs volunteers to help them place more than 7,000 wreaths at grave sites at the Biloxi National Cemetery Dec. 5 at 11 a.m. If you are able to help, please contact Kevin Cuttill, 217-201-1330.

**GULFPORT HARBOR LIGHTS WINTER FESTIVAL** - Volunteers are needed to help the city of Gulfport with their winter festival at Barksdale Pavilion in Jones Park Dec. 10, 11, 17, 18 and 19 between 4 and 9 p.m., with a variety of duties including assisting at the Santa station, cookie decorating, kids workshop, photo booths, train, carousel and horse carriage rides. Please contact Katie King [kking@gulfport-ms.gov](mailto:kking@gulfport-ms.gov) or Brittany Dyess at [bdyess@gulfport-ms.gov](mailto:bdyess@gulfport-ms.gov) or 228-868-5881 if you are interested in volunteering.

**ST VINCENT DE PAUL SOCIETY** - Volunteers are needed to load donated groceries into vehicles at the St Vincent de Paul Society D'Iberville office at 10046 Lemoyne Blvd., on Tuesdays, between 5 and 5:30 p.m. To volunteer, call Sandra Babuchna, 228-392-2113.

**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](mailto:Region63@juno.com) or 850-890-6792.

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

**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](mailto: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](http://www.usovolunteer.org).

## 2015 Angel Tree Program

Sign up today for the 2015 Angel Tree Program at the Seabee Memorial Chapel.

E-6 and below are eligible. Active Duty only  
Sign up deadline is Nov. 30

Call 228-871-2454 for more information



NCBC Public Affairs  
228-871-3664



**Stay in Touch  
with NCBC Gulfport**

**Inside the Gate:**

[tinyURL.com/NCBCITG](http://tinyURL.com/NCBCITG)

**Seabee Courier:**

[tinyURL.com/CBCourier](http://tinyURL.com/CBCourier)

**Facebook:**

NCBCGulfport

**Twitter:**

@SeabeeCenter

# Seabee Memorial Chapel

## What's happening at the chapel?

### Protestant

#### Sunday

9:15 a.m. - Sunday School  
10:30 a.m. - Protestant Service  
11 a.m. - Children's Church

#### Wednesday

11:30 a.m. - Praise Break (20 minutes of praise and worship through music)  
11:30 a.m. - Men's Bible Study  
Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

### Catholic

#### Sunday

9 a.m. - Mass  
10 a.m. - CCD Class

#### Monday, Tuesday & Friday

11:15 a.m. - Mass

#### Thursday

5 p.m. - Holy Hour  
6 p.m. - Mass  
6:30 p.m. - Fellowship

Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events at: <https://www.facebook.com/ncbcchapel>. We may be reached by email at [gulfportchapel.fct@navy.mil](mailto:gulfportchapel.fct@navy.mil) or by phone at 228-871-2454.

**NCBC Command Chaplain: Lt. Cmdr. Ammie Davis**

# MWR

## NOV 6-12



Regular movie showings Thursday- Sunday of every week!  
 Showing this weekend: The Martia; Bridge of Spies; Pan; Everest  
 For more information, call the 24-hour  
 Movie Hotline at 228-871-3299 for show times.



**November Lunch Special at The Grill**

The **GOBBLER**



Comes with your choice of fries or side salad  
**\$5.75/ half**  
**OR**  
**\$8.75/ whole**

Available for a limited time  
 Have yours delivered from 11-11!  
 228-871-2494



### NEW FITNESS HOURS

M-F 4:30 a.m. - 9 a.m. • SAT & SUN 7 a.m. - 7 p.m.  
 All Month – Yoga, PIYO, Functional Fitness, Zumba and NOFFS workouts available  
 11/16-20 – Preseason Basketball Tournament  
 11/20 – Turkey Trot 5K 6:45 a.m.  
 Call the Fitness Center at 228-871-2668 for more information.

# LAUGHCATCHERS COMEDY TOUR



SATURDAY, NOV. 7 • 7:30 PM

## SEABEE CINEMA

FREE CHILDCARE\* AVAILABLE AT CDC BEGINNING AT 5 PM

CALL 228-871-2323 FOR INFO

\*Pre-registration required 1 week prior

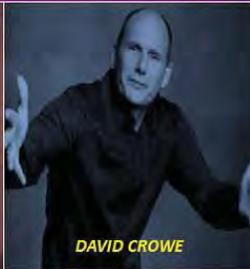
OPEN TO ALL HANDS, ADULT COMEDY, 18 AND OLDER, ONLY PLEASE. CONCESSIONS & BEVERAGES AVIALABE FOR PURCHASE



NAMED AMERICA'S BEST UP & COMING COMEDIAN



HEADLINER  
BRYAN KELLEN



DAVID CROWE



CARRY B



RED BEAN



11/6 – 6 p.m., Events by Request: Flag Football  
 11/7 – 10 a.m., Peter Anderson Arts Festival & Crooked Letter Brewery Tour, \$4  
 11/8 – 9 a.m., Saints vs. Titans, \$40  
 11/10 – 6 p.m., Tournament Tuesday: Ping Pong, 1<sup>st</sup> Place Prize  
 11/11 – Veteran's Day: Liberty Open 10 a.m. – 8:30 p.m.  
 11/12 - 6 p.m, Cooking Corner: Grilled Desserts, FREE  
 For more information, call Liberty @ 228-871-4684

### MWR Program Telephone Numbers

Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
Beehive	871-4009	School Liaison	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	871-2668	The Grill	871-2494
Child Development	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		

## Family Yoga Night

To Celebrate Month of the Military Family  
Friday, November 6<sup>th</sup> 5pm

Enjoy 1 Hour of VINYASA Flow (Dance) Yoga for all ages

FREE!  
Fitness Center

Prizes raffled off for the whole family:  
Yoga Mat & Backpack w/ Water Bottle!



Call 228-871-2668 for more info

# Health and Wellness Check

## Tis the Season - Flu Vaccine is now available at NBHC Gulfport

### From Naval Branch Health Clinic Gulfport

According to the Center for Disease Control, the timing of flu season is very unpredictable and can vary in different parts of the country and from season to season. However, most seasonal flu activity typically occurs between October and May, and commonly peaks in the United States between December and February.

Here are some of the most common questions, answers and facts about the Seasonal Flu Vaccine:

#### What is the best way to keep from getting the flu?

The single best way to protect against the flu is to get vaccinated each year.

#### What is seasonal influenza disease

Influenza is a contagious respiratory illness caused by influenza types A or B viruses. Influenza viruses are easily spread by airborne respiratory droplets from person to person (often by sneezing or coughing). Symptoms of infection include fever, muscle aches, headache, malaise (a general feeling of sickness), nonproductive cough, sore throat, and runny nose. Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Some people, however, are more likely to get flu complications that result in being hospitalized and occasionally result in death. Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. The flu also can make chronic health problems worse. For example, people with asthma may experience

asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition triggered by the flu.

#### Which personnel are required to receive the influenza vaccine

DoD policy requires annual influenza immunizations for all Active Duty, National Guard and Reserve personnel, designated civilians and healthcare personnel who provide direct patient and/or child care according to Service-specific guidelines. Dependents are encouraged to get vaccinated, but are not required. Any GS, contractor or civilian worker on base with a CAC card may also be vaccinated.

#### When to Get Vaccinated

Yearly flu vaccination should begin in September or as soon as vaccine is available and continue throughout the influenza season, into December, January, and beyond. This is because the timing and duration of influenza seasons vary. While influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later.

#### Who Should Get Vaccinated

Everyone 6 months and older can come to the Seabee base clinic and get the flu vaccine. There is no age cut off this year at the clinic.

While everyone should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- ~ Pregnant women
- ~ Children younger than 5, but especially children younger than 2 years old
- ~ People 50 years of age and older
- ~ People of any age with certain chronic medical conditions
- ~ People who live in nursing homes and other long-term care facilities
- ~ People who live with or care for those at high risk for complica-



tions from flu, including:

- o Health care workers
- o Household contacts of persons at high risk for complications from the flu
- o Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

#### How does influenza spread?

Influenza spreads from person to person through aerosolized respiratory droplets released when a person coughs, sneezes, or breathes on someone. People may also become infected with influenza by touching something contaminated with the virus and then touching their mouth, nose, or eyes.

What is the best way to protect myself and my family from getting influenza if we are not vaccinated?

Vaccination is your best protection against influenza infection. If you are unable to receive the vaccine, avoid close contact with people sick with the flu. Wash your hands often with soap and water or, if that is unavailable, use alcohol-based hand rub. To prevent the spread of germs, avoid touching your eyes, nose, or mouth and cover your mouth and nose with a tissue when coughing or sneezing.

For more information please call Branch Health Clinic Immunizations Department (228)822-5777, Gareth Rick Barber, RN, Occupational Health/Immunizations Dept., Naval Branch Health Clinic Gulfport. Hours of operation are Monday - Thursday, 7:30 a.m. - 3 p.m., Friday, 7:30 a.m. - Noon.

**9-1-1 is the number for on base emergencies**

Have an emergency? Please remember to dial 9-1-1 instead of 2333 when reporting an emergency on board NCBC Gulfport. Make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.

**2015 Tuskegee Airmen, Inc. Colonel Lawrence E. Roberts Tuskegee Airmen Chapter 6th Annual Benefit Gala Dinner**

Nov. 14  
5:30 p.m. - 1 a.m.

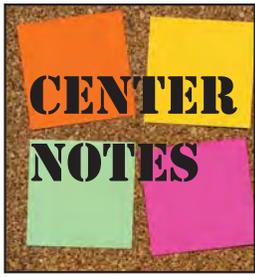
Bay Breeze Event Center  
500 Ploesti Dr.  
Keesler Air Force Base

Proceeds benefit scholarship fund for Mississippi Gulf Coast Youth

For tickets or more information, contact Yolanda Jerry, 228-365-1591 or Charles Bowers, 228-860-3665

**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





**SUPPORT**  
**NMCB 1 Family Readiness Group (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 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](mailto: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](mailto: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](http://www.navywivesclubsof-america.org) for more information on NWCA.

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

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

### TRAINING

#### Naval Sea Cadets

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

### SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center 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 noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at [natashia.handley@navy.mil](mailto:natashia.handley@navy.mil) or Vice President, BUCN Miller at [tariqah.miller@navy.mil](mailto:tariqah.miller@navy.mil) for info.

**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 now VFW Auxiliary** - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are held on the second Monday of each month at 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Feters, President at 228-832-4893 or email [cfeters@cableone.net](mailto:cfeters@cableone.net) 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 welcome and encouraged to attend. Call 228-832-0017 for 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 happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil) or 228-871-3877. Please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, visit [www.nsva.org](http://www.nsva.org).

### HERITAGE

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

## Extended Hours at Commissary

The NCBC Commissary is open for business at 7:30 a.m., Tuesday - Friday. Patrons can also shop extended hours at the commissary Tuesdays and Thursdays until 7 p.m. The early opening will offer limited services: self-checkout only and a maximum of 15 items or fewer. Stop by for something quick and easy to eat and drink!



**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.

## Storm Water Pollution Prevention ... Everybody's Business

Leaves don't  
belong in the  
stormdrain



Report illicit discharges to  
NCBC  
Environmental  
Office:  
228-871-2373