

# SEABEE COURIER

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## CS1 McClendon announced NCBC Sailor of the Year

By MCC (SCW/SW/AW)  
Ryan G. Wilber

NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport recently announced Culinary Specialist 1st Class (SW/AW) Kenneth McClendon, Jr., Colmer Dining Facility, Leading Culinary Specialist (CS), as their 2012 Sailor of the Year.

The Sailor of the Year program was established in 1972, by then-Chief of Naval Operations Adm. Elmo Zumwalt and then-Master Chief Petty Officer of the Navy John Whittet, to recognize an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the Navy. When the program began, only the Atlantic and Pacific Fleet Sailors were recognized. Within 10 years, the Sailor of the Year program was expanded to include the shore establishment and Navy Reserve Sailors.

Master Chief Culinary Specialist Calvin Dukes, Colmer Dining Facility leading chief petty officer and acting NCBC command master chief, said it was McClendon's level of responsibility, along with his command and community involvement that made him the right choice for SOY.

"When I checked in back in July I realized he's filling a billet as a Leading CS, which is definitely a



CS1 (SW/AW) Kenneth McClendon

Chief Petty Officer billet, and he was performing at a high level. He was also able to keep the galley maintained at a 5-star level over the last couple years. Those types of things are qualities you find in a Chief Petty Officer," said Dukes.

Having someone from your division often will encourage and motivate junior Sailors to perform to the best of their ability, being encouraged by seeing one of their leaders recognized. Dukes said that is especially true for the CSs stationed on a Seabee base.

"With his selection, for them [coworkers] they were very happy that a culinary specialist got selected for the CBC Sailor of the Year. That says a lot. That says the CS's are a big part of what's going on at this command, and they were very happy about that when they heard about it."

Shortly after his selection, McClendon finished his tour of duty with NCBC Gulfport and transferred to Naval Mobile Construction Battalion (NMCB) 11, where he will join the CSs in S-4 Department.

## NCBC Culinary Specialists earn 65 Master Food, Beverage Certifications

By CEEN Lucina L. Moise  
NCBC Public Affairs

Twenty Culinary Specialists (CSs) earned a total of 65 Food and Beverage Certifications during the first Master Certified Food and Beverage Director Symposium (MCFBDS) held at the Colmer Dining Facility on board Naval Construction Battalion Center (NCBC) Gulfport, Dec. 3 - 12.

MCFBDS is a classroom based training that covers culinary terminology and math. It is accredited by organizations such as the Global Food Service Institute and National Restaurant Association.

Retired Lt. Cmdr. Edward Manley, director of EHS Manley and Associates, has been facilitating MSF-BDS since 2003. Manley has presented MCFBDS to more than 4,000 students worldwide, of which approximately 90 percent were military members, and awarded 9,000 certifications. According to Manley, MCFBDS can be very beneficial during a CSs Navy career and in their personal lives.

"MCFBDS provides Sailors with information they can use on the job. It prepares them for promotions outside the Navy and advancement in the Navy. Some material covered in the MCFBDS is on the advancement exams up to E-6," said Manley.

Culinary Specialist 1st Class David Mckeown, assigned to NCBC, received certifications in



**Ed Manley, instructor for E.H. Manley and Associates, teaches a Hazard Analysis and Critical Control Points (HACCP) class to Culinary Specialists (CS) assigned to NCBC Gulfport, Colmer Dining Facility, on board NCBC Gulfport, Dec. 4. HAACP is one of the nine professional certifications offered during the first Master Certified Food and Beverage Director Symposium (MCFBDS) held at the Colmer Dining Facility. The CSs earned a total of 65 food and beverage certifications.** (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

each of the eight classes offered, and is the first person in Mississippi to become a Master Certified Food and Beverage Director (MCFBD). Mckeown said he really enjoyed the class and believes earning the title of MCFBD will be extremely beneficial to his career.

"The training was very informative and interesting. The knowledge I gained from MCFBD will help me when I go up for chief and in the civilian sector when I retire," said Mckeown.

The eight-day class was offered to 20 first and second class petty officer Culinary Specialists.

Amongst those who attended was Culinary Specialist 1st Class Michael Luzunaris, assigned to NCBC. Luzunaris believes the five accreditations he earned will improve his job capabilities.

"It's a good accomplishment to make. It means you are well-rounded in food service and makes you more marketable in all divisions," said Luzunaris.

# Skipper's Log

## Happy Holidays

**By Capt. Rick Burgess**  
CO NCBC/Comdr 20th SRG

"Oh, the weather outside is frightful..."

Though we are enjoying sunny and mild days here in Gulfport lately – not exactly frightful -- a glance at the calendar and the decorations festooning local stores do indeed tell us that the year is drawing to a close. The holidays are here! The holiday season carries great meaning for many of us. It's a time to gather with family and friends, a time to celebrate holy days, and a time to count our blessings. It may also be a poignant time for some, especially for those who are far from their loved ones. Celebrating the holidays with your Seabee deployed is no fun – phone calls, Skype and Facetime just aren't the same as having your loved one there in the living room, laughing and opening presents. Nonetheless, I hope that our deployed Seabees and their families can find a way to feel close even though the geographic distance may be great.



**Capt. Rick Burgess**

As we and most of our fellow Americans celebrate the holidays here, our service members stand watch around the world so our fellow citizens have the freedom to celebrate. I consider it a great blessing that we have so many men and women who are willing to serve our nation. In choosing to defend our country and its way of life, they and their families make great sacrifices. Know that those sacrifices are recognized and appreciated.

A few of our folks are even going above and beyond by helping orphanages and

doing other volunteer projects while deployed. That is the real spirit of giving. When people truly give of themselves – their time and their hard work – for the benefit of others, they themselves reap the benefits tenfold in their hearts.

Right here at home, our folks are taking the time to volunteer and help where they can. Volunteer opportunities abound this time of year. Whether it is building a wheelchair ramp, helping construct a homeless shelter or gathering and donating toys, our base personnel are doing remarkable things to help others. The Seabee "Can Do" spirit is especially appreciated at this time of year!

I wish you all a very happy holiday season. Thank you for your service to our country and for your work in making NCBC Gulfport a great place to live and to work. Enjoy your time off – safely, please! – and look out for each other over the break. We need each of you back next year. Merry Christmas and Happy New Year to all!

## Navy launches new Navy POD announcements

**From Defense Media Activity - Navy**

Navy leaders launched Navy Plan of the Day announcements, a new resource on the Navy's flagship web page, [www.navy.mil](http://www.navy.mil), Dec. 19.

The initiative is intended to get current, relevant information to deckplate Sailors so they can be proactive in managing their careers.

"We have to keep finding new and better ways to make sure our people are fully aware of Navy policies and programs that affect their careers and families. This initiative launches a new page on [Navy.mil](http://Navy.mil) called Navy Plan of the Day (POD) announcements, dedicated to giving Executive Officers good material to choose from when putting together their POD," said Rear Adm. John Kirby, Navy Chief of Information.

The POD announcements page is divided into three sections. The first includes specific POD notes on issues that are

of fleet-wide interest. The second is a list of upcoming dates and deadlines from the Navy Leader Planning Guide. The final section is devoted to "This Date in Navy History" notes.

"We realize Sailors at sea are incredibly busy carrying out their daily responsibilities and may not have time to actively seek out this critical information for their Navy career," explained Kirby. "This initiative will help put that critical information in the hands of Chiefs to present to their Sailors at morning quarters throughout the fleet."

Coordinators will update the online version as they receive input. In addition to maintaining the Web page, people can sign up for a weekly e-mail that includes POD information for the coming week at [www.govdelivery.com](http://www.govdelivery.com). This will make the information available for Sailors at sea who may have difficulty accessing the internet. The weekly e-mail will also include the full text of stories associated with POD notes in order to ensure local commands are synchronizing their communication efforts with the same messages used in local PODs.

## Fraud, Waste and Abuse Hotline Information

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, E-mail: [CNRSE\\_HOTLINE@navy.mil](mailto:CNRSE_HOTLINE@navy.mil).

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**Commanding Officer**

Capt. Rick Burgess

**Public Affairs Officer**

Rob Mims

**Editor**

Bonnie L. McGerr

**Mass Comm. Specialist**

MCC (SCW/SW/AW)

Ryan G. Wilber

**Special Contributors**

CM3 (SCW) Katchen Tofil

CECN Lucinda Moise

**22 NCR**

**Commander**

Capt. Darius Banaji

**Public Affairs Officer**

Vacant

**25 NCR**

**Commander**

Capt. Darius Banaji

**Public Affairs Officer**

MCC (SW/AW) Scott Boyle

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Cmdr. Chad M. Brooks

**Public Affairs Officer**

Lt. Brian Gates

**Mass Comm. Specialist**

MC1 (AW/NAC) Aron Taylor

**Special Contributor**

CE1(SCW) Joshua Thonissen

**NMCB ELEVEN**

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Cmdr. Maria Aguayo

**Public Affairs Officer**

Lt. j.g. Brian Myers

**Mass Comm. Specialist**

MC1(AW) Jonathan Carmichael

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Lt. j.g. John Parizek

**Mass Comm. Specialist**

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**NMCB ONE THIRTY THREE**

**Commanding Officer**

Cmdr. Nicolas D. Yamodis

**Public Affairs Officer**

MC1(SW/AW) Steven Myers

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Cmdr. Scott Anderson

**Public Affairs Officer**

Lt. J. Johnson



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## Buzz on the Street



By **CECN Lucinda Moise**  
NCBC Public Affairs

**"What is your favorite holiday tradition?"**



"Playing football with my cousins on Christmas Eve."

**Kirk Kelly**  
Liberty Center

Hometown: Tchula, Miss.



"Going home and spending time with my family and having time to relax."

**BUCN Cassandra Null**  
NCBC

Hometown: Deer Park, Ohio



"Preparing the holiday feast."

**CM3 Eric Williams**  
NCBC

Hometown: Louisville, Ky.

# Around the



# Center



Volunteers for Inspector-Instructor (I&I), 3rd Platoon, A company, 4th Assault Amphibian Battalion (AABN) sort through more than 10,000 toys collected for the Marine "Toys for Tots" campaign at Naval Operation Support Center (NOSC) on board NCBC Gulfport Dec. 17. Toys for Tots is receiving donations until Dec. 22. Drop off boxes are located throughout Harrison, Hancock and Stone Counties, at the Keesler Air Force Base Exchange, and on NCBC Gulfport at the Navy Exchange and Navy Federal Credit Union. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Capt. Rick Burgess, left, commanding officer, NCBC Gulfport and commander, 20th SRG, presents Cmdr. Brian Nottingham, NCBC Gulfport public works officer, a Department of the Navy (DoN) 2012 Energy and Water Management Gold Level of Achievement award. The award is given for excellent achievement in energy and water management, successful use of energy and water efficient equipment and significant energy awareness. Gold level is the second tier of three in the DoN Energy Program. Also, pictured from the right are: Phillip Soria and Lester Hagerdon, both NCBC Gulfport building energy managers, and Gene Baker, NCBC Gulfport utilities and energy management (UEM) commodity manager. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Subcontractors from Air Masters working with DCD Construction out of Ocean Springs, excavate drainage lines using an excavator and dump truck on board NCBC Gulfport, Dec. 11. Excavating the drainage ditch will allow for better water flow during heavy weather, and help prevent flooding. (U.S. Navy photo by Builder Constructionman Whitney J. Snider/Released)

# Sailors give back to the community through reserve police service

By MCC (SCW/SW/AW)  
Ryan G. Wilber

NCBC Public Affairs

Sailors attached to Naval Construction Battalion (NMCB) Gulfport and 20th Seabee Readiness Group (SRG) have found a way to give back to the community through volunteer service in the Gulfport Police Department Reserves.

Reserve police officers attend a 4-month Reserve Academy, training for four hours on week-day evenings and eight hours on Saturdays, and work alongside full-time police officers and at community events. They receive no pay for their service.

Each person has their own reasons for volunteering. Some may be following in the footsteps of family and friends, such as Electronics Technician 3rd Class Brenden Sharp, 20th SRG, and Master-at-Arms 1st Class Rodolfo Gallardo III, NCBC Security Department, while some are working toward a professional goal. One thing they all have in common, however, is the desire to serve the community through law enforcement.

"I've always had an interest in criminal justice, and when I get out of the military I want to do something in forensics, so I figured this was a good way to give back to the community and to do something that is in my interest," said Martin. "I feel as if I still have a lot to give back," added Retired Equipment Operator 1st Class Karsteen Kristensen.

George Chaix, Gulfport Police Department, Support Bureau deputy commander, said he feels that the military members serving as reserve officers really add value to the police force, and the Navy core values of honor, courage and commitment easily translate to policing.

4 "The reserves bring a lot to the



Lt. Phillip Kincaid (center), reserve officer-in-charge for the Gulfport Police Department, pauses for a photo with members of the reserve police force attached to NCBC Gulfport and 20th SRG, and retired military full-time officers at the Pass Road Gate Seabee Dec. 14. Reserve police officers attend a 4-month Reserve Academy and work alongside full-time police officers and at community events, but receive no pay for their volunteer service. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

table, especially coming from the Navy. They have so much experience . . . Vieques, Afghanistan, Iraq, detention facilities in Cuba. We learn as much from them as they learn from us. They are a very valuable asset," said Chaix. "They don't leave that "Can Do" attitude on base. They take it with them out there. They don't leave their core values on base. When they come out these gates, they take their core values with them, and that really helps us out a lot."

According to Lt. Phillip Kincaid, Gulfport Police Department, reserve officer-in-charge, there are currently eight military members of 25 reserve officers serving in the Gulfport Police Department. He said he likes military members as reserve officers for their dependability, reliability and commitment to the job.

Being a part of the reserve

force is also beneficial for the military members command. Gallardo said he feels that the experience has helped him build more leadership, character and professionalism that he can use on active duty. Sharp agreed.

"You learn how to have more confidence in yourself, you learn how to become a better leader, and I am able to pass that on to a lot of the younger guys in my shop," said Sharp.

Martin said she has fun serving as a reserve officer and feels like there is a good camaraderie in the department. She said that she encourages anyone who wants to serve the community and have fun doing it to join.

For more information about the Gulfport Reserve contact Kincaid at 228-868-5900 extension 6189, or visit <http://www.gulfport-ms.gov/police/employment.html> to fill out an application.



Staff Sgt. Marvin Perez-Diaz, of I&I, 3rd Platoon, A company, 4th AABN and volunteers Desirae (left) Abby (center), and Van Syckel (right) sort out toys donated to the Toys for Tots campaigns at the Naval Operations Support Center (NOSC) on board Naval Construction Battalion Center (NCBC), Dec. 17. Drop off boxes are located throughout the coast, as well as Keesler Air Force Base BX and at the NCBC Gulfport Navy Exchange and the Navy Federal Credit Union. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

## NCBC Marines continue legacy of service with Toys for Tots

By CE CN Lucinda L. Moise  
NCBC Public Affairs

To bring joy into the lives of less fortunate children, Marines assigned to Inspector-Instructor (I&I), 3rd Platoon, A company, 4th Assault Amphibian Battalion (AABN) on board Naval Construction Battalion Center (NCBC) Gulfport are partnering with the Salvation Army Toys for Tots campaign. Donations are being accepted through Dec. 22.

Toys for Tots was created by Retired Marine Col. William Hendricks in 1947. Since then, Marine Corps Reserve units across the nation have conducted Toys for Tots campaigns in their communities. Marines collect new, unwrapped toys during October, November and December each year and distribute those toys as Christmas gifts. To date, Marines have distributed more than 452 million toys to more than 209 million needy children for Toys for Tots since its inception.

Recently, active duty Marines

stationed near Reserve Centers have gotten involved in Toys for Tots as well. Gunnery Sgt.

Christopher Cleo has been a part of Toys for Tots for the last five years.

"I volunteer to give back to the community, especially to the children," said Cleo.

For some Marines, Toys for Tots has been a family tradition. Lance Cpl. Jonhtan Kirkman has been participating in Toys for Tots since he was a child.

"My dad was a Marine and I remember as far back as five, going with my dad to collect toys for Toys for Tots," said Kirkman.

This year's goal of collecting 8,000 toys from the area has been exceeded with more than 10,000 toys collected to date.

Time is running out though - there are only two days remaining for this year's drive. Monetary donations are also appreciated.

To make a monetary donation, or for more information on Toys for Tots, visit <http://gulfport.ms.toysfortots.org>.

### Toys for Tots deadline Saturday

Donations of new, unwrapped toys for needy children are being accepted through Dec. 22 at drop off boxes located throughout Harrison, Hancock and Stones Counties, as well as Keesler Air Force Base Exchange, and Naval Construction Battalion Center (NCBC) Navy Exchange and Navy Federal Credit Union.



# 20th SRG R-75 instructors propose new crew-served weapons training

By MCC (SCW/SW/AW)  
Ryan G. Wilber

NCBC Public Affairs

Instructors assigned to 20th Seabee Readiness Group (SRG), R-75, went out to Camp Shelby, Miss. for a crew-served weapons qualification course Dec. 12-15 as part of a proposed Seabee Machine Gunner course they are developing.

Crew-served weapons are an important part of a battalion's plan of defense, but historically a Seabee only receives training on one weapon at a time through separate 5-day courses. Seabees also may not receive training on all three weapons systems in the table of allowances - the M-2 and M-240B automatic machine guns and the MK-19 automatic grenade launcher, during a homeport training cycle. Marine Capt. Learlin Lejeune, 20th SRG military training officer, and his team of instructors are working on changing that through the development of a new course designed to streamline the training and create a more versatile Seabee machine gunner.

"In a way to make more flexibility for the NMCB (Naval Mobile Construction Battalion) we had an idea of just combining all three weapons systems and turning around a Seabee ma-



**Instructors assigned to 20th Seabee Readiness Group (SRG), R-75, qualify on M-2 .50 caliber automatic machine guns during a Crew-Served Weapons Qualification Course at Camp Shelby, Miss., Dec. 13 as part of a proposed Seabee Machine Gunner course they are developing. The course is designed to streamline crew-served weapons training that would graduate a Seabee Machine Gunner trained on all three weapons systems in the battalion table of allowances, the M-2 and M-240B automatic machine guns and the MK-19 automatic grenade launcher. (U.S. Navy photo by Chief Mass Communication Specialist/Released)**

chine gunner," said Lejeune.

"What we are proposing in this course is a two week time period, and we will give back to the battalion a Seabee who is qualified and competent on all three crew-served weapons."

Currently the R-75 instructors are qualifying on all three weapon systems themselves in a train the trainer-type course of instruction, while also finalizing the course details for their proposal. Builder 1st

Class Earl Doan, 20th SRG, R-75 .50 caliber block leader, said he believes there are selling points for both the 20th SRG and the NMCB, namely time and cost savings.

"I think it will be a cost sav-

ing tool, because we will be able to run less classes and train more people in the end. I think it's going to be a good course when it comes online," said Doan.

"It would give the battalion the ability to leverage their personnel, and versatility in the organization itself," added Chief Builder Troy Ratliff, 20th SRG, R-75 crew-served weapons course manager.

While developing the course, the instructors are including optics and scopes in the training, which are currently available for use in the battalion, but some Seabees may not be familiar with the equipment that could make their duties as a machine gunner easier and more efficient.

"Anytime you have equipment that is there for your availability and utilization, why not use it if it makes the job easier? If you have the technology and resources available to you, why not use them? But, in order to use them you have to know what the capabilities and functions of the thing are," said Ratliff.

After becoming fully qualified to teach the Seabee Machine Gunner course and finalizing course details, the instructors will present a formal proposal through the proper channels and teach the course to a pilot group of battalion Seabees.

December 20, 2012

Seabee Courier

**Underwater Construction Team (UCT) ONE** is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change.

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Utilitiesman Constructionman Angelean Floyd, a native of Philadelphia, and Utilitiesman 3rd Class Daniel Martin, a native of Suffolk, Va., members of Naval Mobile Construction Battalion (NMCB) 133, Task Force Anchor, prepare to raise a historic battalion flag above the camp in remembrance of Pearl Harbor, Dec. 7. NMCB 133 is currently deployed to Afghanistan provide engineering support under the 411th Engineer Brigade, Joint Task Force Empire, to coalition forces, the Afghanistan National Army, and the local population. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

## Historic battalion flag flown in tribute to Pearl Harbor

By MC1 Steven Meyers  
NMCB 133 Public Affairs

Five Seabees from Naval Mobile Construction Battalion (NMCB) 133, Task Force Anchor, raised and lowered a historic battalion flag above Camp Krutke, Dec. 7, in remembrance of the 71st anniversary of Pearl Harbor.

Chief Hospital Corpsman Nicholas Noviello, the current custodian of the relic, gave a brief explanation of the historic significance of the flag

before Utilitiesman 3rd Class Daniel Martin, Hospital Corpsman 3rd Class Andrew De-camp, Builder Constructionman Wesley Howard and Utilitiesman Constructionman Angelean Floyd raised it.

"It's an honor to fly this flag to represent NMCB 133 and the Seabee battalions here in Afghanistan," said Noviello.

The flag, previously on display at the Seabee museum in the battalion's homeport of Gulfport, Miss., had flown

above Camp Morrell in Kuwait during Operation Iraqi Freedom; Davisville and Saddam Canal in Iraq during Operation Enduring Freedom; and above Camp Krutke on the Navy's 237th birthday, Oct. 13.

NMCB 133 is currently deployed to Afghanistan to support engineering operations under the 411th Engineer Brigade, Joint Task Force Empire, for coalition forces, the Afghan National Army, and the local population.

## NMCB 74 works to finish projects on Diego Garcia



Builder Constructionman Robert Cox, assigned to Naval Mobile Construction Battalion (NMCB) 74, installs wooden fascia around the edge of the recently completed metal roof of a contractor living unit for personnel supporting operations on Naval Support Facility Diego Garcia. NMCB 74 is operating forward deployed throughout the U.S. Pacific Command (PACOM) supporting National Security Strategy by building lasting relationships with host nations, paving the way for future partnerships. (U.S. Navy photo by Construction Electrician Robert Lee/Released)

## LADD . . .

### Leaders Against Drunk Driving



LADD is a program sponsored by the NCBC/20th First Class Association. The mission of LADD is to prevent drunk driving on board NCBC Gulfport by providing rides for any service member who needs assistance getting home after an outing that involves alcohol.

~ LADD is strictly confidential. NO REPRISAL!

~ LADD will take individual home only, no stops.

~ Volunteers who stand the watch are on call 24/7.

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**Call 228-239-9007**

NCBC Security Reminder: To prevent both personal and governmental property theft, NCBC Security would like to remind you to remember to secure vehicles, personal compartments, work spaces, compounds, and buildings. Don't be a target!



**Left:** Builder 3rd Class Brian Whelan, of Naval Mobile Construction Battalion (NMCB) 74, Detail Sasebo, shares Seabee construction concepts with members of The Far East Council of Boy Scouts, Troop 76, as part of a job site tour enabling the Boy Scouts to earn their Engineering Merit badges. **Above:** Builder 2nd Class David Drea, of NMCB 74, Detail Sasebo, presents design drawings to members of The Far East Council of Boy Scouts, Troop 76 at Fleet Activities Sasebo Japan. (U.S. Navy photos by Equipment Operator 3rd Class Craig Enjian/Released)

# NMCB 74 Seabees show the Boy Scouts how they 'Can Do' Construction

**By BU3 Brian Whelan**  
NMCB 74 Public Affairs

The Seabees of Naval Mobile Construction Battalion (NMCB) 74, Detail Sasebo, Japan, enjoyed an opportunity to meet with local Boy Scout Troop 76 of the Far East Council of Boy Scouts who came to visit the construction site of a future Navy ship repair storage facility where the Seabees are currently constructing the building foundation. The Boy Scouts enjoyed learning about the U.S. Navy Seabees and had the opportunity to tour the site and ask questions about what they learned. The day's activities provided the Boy Scouts an opportunity to earn their engineering merit badge.

The Scouts, ranging in age from eight to 15, took turns looking at blueprints,

shop drawings, and construction activity schedules, and then moving out on the job-site to see the formwork that was being set in place and the various tools the Seabees have at their disposal. The Seabees stressed the importance of working as a team as Builder 2nd Class David Drea spoke about how each person's construction specialty contributes to a step in the process.

All Seabees receive basic training in project planning, estimating of materials and how to read project plans. When questioned by a young Scout about what classes were most important to become an engineer, Ensign Nick Sweet, the Detail Sasebo Officer In Charge stated that, "you need to be well rounded in all areas including

things like writing and history, but math and sciences are the foundation to engineering."

Once on the job site, Builder 3rd Class Brian Whelan explained the necessity of building strong formwork to support pressure while placing wet concrete and described how important terms such as level, plum, flush and square are to the work the Seabees do. Whelan also discussed how important the use of proper protective equipment is on the job, as even the expertly trained Seabees can get hurt on the job. The suspecting Boy Scouts doubted the presence of steel in the boots worn by the Seabees, so Whelan provided proof with the tap of his hammer on his toe, to the surprise of the Scouts.

Fire Control Chief Eric Holewinski, troop leader and father, said the Scouts "get to do a lot of hands on learning here in Sasebo. We've done overnights on some of the ships out here and now, actually getting onto a construction site, they see first-hand the work that goes on."

When asked what they learned on their visit, a young Boy Scout responded that "a 'wacky packer' makes the ground hard so buildings won't tilt or sink." In the eyes of the Seabees of NMCB 74, these scouts have earned their engineering merit badge.

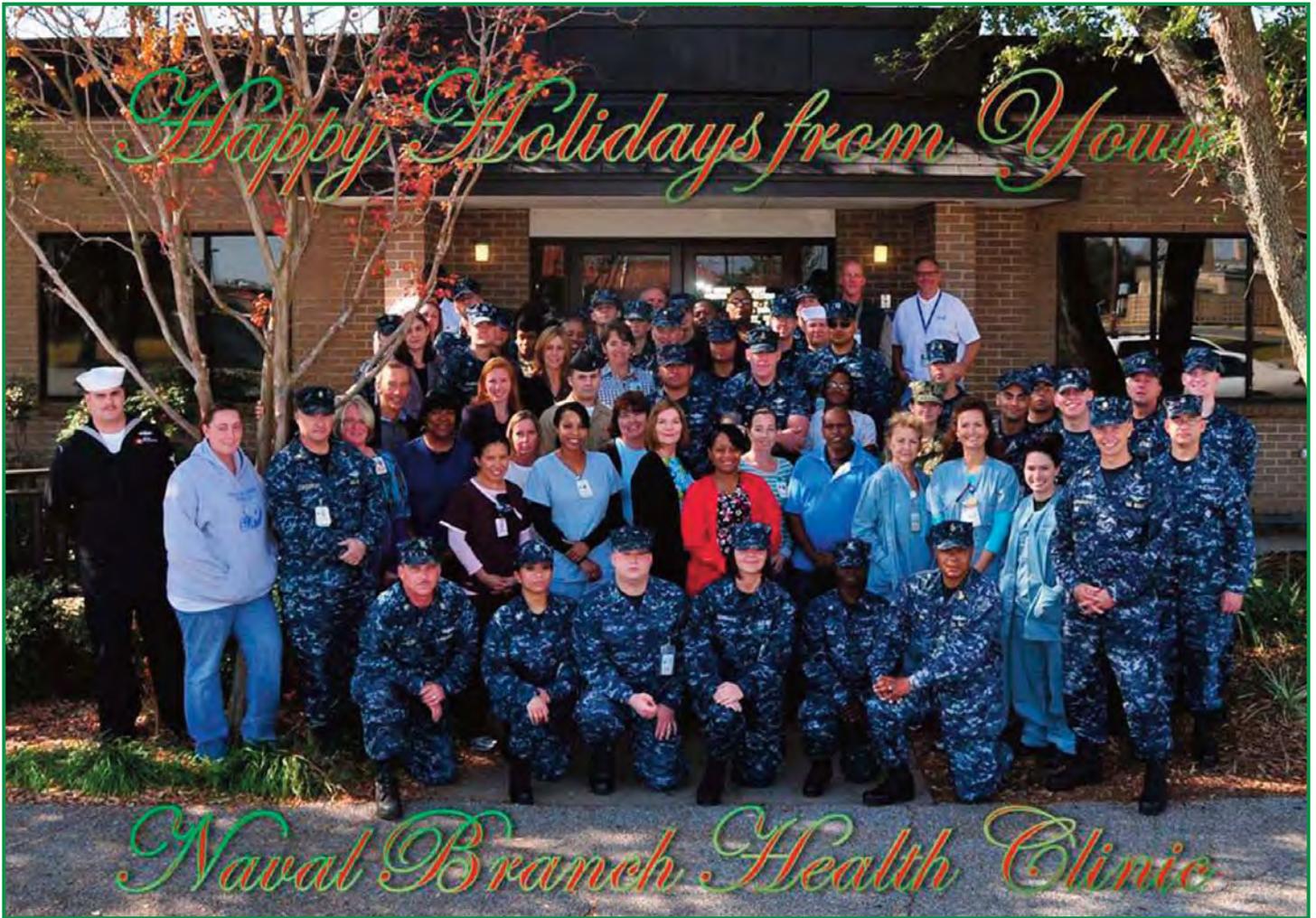
Seabees of NMCB 74 are forward deployed throughout the United States Pacific Command Area of Operations supporting Navy and Joint Forces.

## Think you're tough . . . enough to play RUGBY?

"Rugby is a game for BARBARIANS that is played by GENTLEMEN" The newly formed Mississippi Gulf Coast Rugby Club is recruiting players, coaches and fans for the 2013 season right now. We aren't looking for wanna-be tough guys, people who are out of shape or people who don't have time to dedicate three days a week. Once you learn how to play, this sport will supersede your love of any other. Our games last 80 minutes, split into 40 minute halves, and demand a high level of endurance, strength and teamwork. The team is comprised of military and civilians, officers and enlisted,

blue-collar workers and doctors, 18 year-olds to 40 year-old men. We are diverse and strong. If you think you have what it takes, come out and see for yourself. Practice is held at Popp's Ferry Fields on Tuesday and Thursday at 6 p.m. Bring a friend, if you think they can hang. For more information, visit Mississippi Gulf Coast Men's Rugby Football Club at [www.MSGulfCoastRugby.com](http://www.MSGulfCoastRugby.com), <http://HTOsports.com/MSGULFCOASTRUGBY> or call Joey at 228-243-2673, Billy at 440-251-4411, Doug at 228-493-6191 or email, [MSGulfCoastRugby@gmail.com](mailto:MSGulfCoastRugby@gmail.com).





December 20, 2012



### *Colmer Dining Facility Christmas Dinner Menu*

#### *Salads*

*Boiled Shrimp  
Seabee Salad Bar  
Potato Salad*

#### *Soup*

*Broccoli and Cheese Soup*

#### *Entrees*

*Oven Roasted Turkey  
Baked Ham  
Prime Rib*

#### *Sides*

*Mashed Potatoes  
Corn Bread Dressing  
Marshmallow Sweet Potatoes  
Peas and Carrots  
Green Bean Casserole  
Giblet/Turkey Gravy  
Au Jus, Cranberry Sauce  
Hot Rolls*

#### *Desserts*

*Assorted Pies  
Assorted Cakes  
Cheese Cake  
Ice Cream Bar*

*Egg Nog*

*Colmer Dining Facility will be serving Brunch and Dinner Dec. 25. Brunch will be served from 8 - 10 a.m. Prices: E-1 to E-4 and dependents, \$4.50; E5 and above and dependents, \$5.20. Dinner will be served from 1 - 3:30 p.m. Prices: E-1 to E-4 and dependents, \$6.40; E5 and above and dependents, \$7.50. Both meals are open to all DOD, Retirees and Civilians*



Seabee Courier

# Focus on Education

## LINN Practicum: Helping children thrive in good and challenging times



**Living in the New Normal: Helping Children Thrive in Good and Challenging Times Practicum** was held December 5th at the Mississippi Gulf Coast Coliseum. Support staff from FFSC, MWR-CYP, Airman Family Readiness, KAFB Medical, FOCUS, MFLC, Guard and Reserve, School Counselors and others were on hand to strengthen their knowledge and skill to help our military children become more resilient. Approximately 36 participants completed this training presented by the Military Child Education Coalition. (Photo courtesy of MWR/Released)

## Healthy resolution ideas for children

**From StatePoint Media, Inc.**

If eating healthier and getting more exercise tops your New Year's resolution list, consider extending these worthwhile goals to the whole family.

According to the Centers for Disease Control and Prevention, childhood obesity in this country has more than tripled over the past 30 years. But you can help your family get the right nutrition and exercise to stay healthy.

"Not only is it extremely important for kids to get all the vitamins, nutrients and physical activity they need to stay healthy, but habits formed early in life -- both good and bad -- can last a lifetime," says Dr. Thomas McInerney, president of the American Academy of Pediatrics (AAP).

The AAP is offering some healthy living tips for parents to help kids get on the right track for the upcoming year.

**Improving Eating Habits**

- You may have bad childhood memories of being forced to sit at the table until you cleaned your plate. Don't perpetuate this method of mealtime management! It sends the wrong message by emphasizing quantity over quality and can lead to significant overeating. Foster a healthier attitude toward food by focusing on what you serve in the first place.

- Establish a routine with regular meal and snack times. Always eat meals at the table. Children who eat meals with their family consume more fruits, vegetables, fiber, calcium-rich foods and vitamins.

- Once kids are old enough, encourage self-feeding as much as possible.

- Avoid soda, which is full of

empty calories or artificial sweeteners. Milk and water are the best drink choices for your child. Offer whole milk or 2 percent milk to children ages 12 months to 2 years old, unless your pediatrician recommends low-fat milk. After age 2, offer low-fat milk. Limit juice to four to six ounces a day.

- Kids can be picky at first, but don't let a refusal of a new food stop you from trying again. Offer new foods multiple times in multiple ways. For infants, you may need to even try 10 to 15 times over several months. Parents are extremely influential and can serve as a child's best role model. Eat a variety of foods of different flavors, colors and textures.

**Encourage Active Play**

- Don't let a full day go by without active play. Take trips to the park, play in the yard, go for walks and make physical activity a part of your family's daily routine. Reduce the amount of time spent in devices that restrain movement, such as strollers and bouncy seats.

- Limit screen time, including TV, video games and computers, to less than two hours a day. Avoid placing computers or television sets in children's bedrooms so they can get the best sleep possible.

- Encourage your kids to take part in sports teams, gymnastic and dance classes, and other activities that will get them moving.

More ideas about healthy living for families can be found at [www.healthychildren.org/growinghealthy](http://www.healthychildren.org/growinghealthy).

"No matter how old your child is, it's never too early to establish household routines that foster healthy habits," says McInerney.



### Christmas Word Search



h	u	e	b	c	k	s	b	t	c	q	w
h	d	c	h	e	a	b	r	a	r	k	u
o	r	h	l	s	l	e	i	g	h	e	c
l	o	r	w	z	s	a	n	t	a	p	e
l	i	i	r	o	k	w	u	f	r	z	m
y	b	s	e	r	e	i	n	d	e	e	r
s	m	t	a	i	y	z	w	f	i	f	m
m	t	m	t	y	p	a	f	z	t	c	e
r	r	a	h	n	t	s	k	l	j	a	r
n	h	s	r	q	c	a	r	o	l	a	r
v	p	r	e	s	e	n	t	s	i	y	y
b	o	p	u	d	d	i	n	g	y	m	d

carol

holly

presents

reindeer

sleigh

tree

christmas

merry

pudding

santa

star

wreath

NCBC School Liaison Officer

Kevin Byrd is located at MWR Building 352  
1706 Bainbridge Ave. NCBC, 228-871-2117  
or email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)



## Wanted: Taste of Home Christmas Desserts

Help MWR provide a taste of home cooking for active duty military that are unable to go home for the holidays by providing a dessert. Drop off your dessert at the Liberty center, Dec. 23 - 25, 9 a.m. - 5 p.m. An assortment of desserts will make the season much sweeter. For more info, contact Kirk Kelly, 228-871-4684 or kirk.kelley@navy.mil.

## Fitness

The holidays may be here, but don't let it get in the way of your workout routine. Make time for a group fitness class. The CBC Fitness Center offers courses as early as 8 a.m. and as late as 6 p.m. Get your heart pumping with some strength/cardio, Zumba or cycling. You can also try out the new low impact aerobics course or center yourself with yoga. For the class schedule, visit us on Facebook at NCBC Gulfport MWR or stop by the

Fitness Center today!

## Recreation

Movie Theater: **FREE** every weekend. Grab some popcorn and sit back and enjoy the movie!

**Friday**, "Premium Rush," PG13, 6 p.m.

**Saturday**, "ParaNorman," PG, noon; "Expendables 2," R, 2:30 p.m.; "Hit and Run," R, 5 p.m.

**Sunday**, "Home Alone," PG, 2 p.m.; "Home Alone 2," PG, 4:30 p.m.

**Monday**, Bourne Legacy," PG13, 6 p.m.

## Closed Christmas

**Wednesday**, "ParaNorman," PG, 6 p.m.

## Information, Tickets and Travel:

Active Duty, Reservist, National Guard, USCG and Retirees are now eligible for a complimentary Universal 3 Day Park-to-Park ticket and Blue Man Group Ticket at children's price! All dependents and DOD personnel are eligible for discounted Universal 2 Day, with 3rd Day Free



The playground at Seabee Lake received a face lift this month and is now open for everyone to enjoy. To provide a safer environment, the playground was upgraded to include a fall safe barrier. The new playground is also designed to help children become more physically fit by promoting exercise of all of the muscles in the body. (Photo courtesy of MWR/Released)

## Join the Liberty Center for the Holidays!

For event information or to provide a dessert for Christmas, call 228-871-4684.

## A Taste of Home: Christmas Desserts On Christmas Day, 5 p.m.



tickets! Call ITT for info!

ITT has Nutcracker tickets available for the performances on Dec. 21 for just \$15/ ticket! Call ITT for more information.

Disney Military Salute tickets are in! The promotion has been extended for your deeply discounted 4 Day Park Hopper Ticket. New tickets are valid through Sept. 30, 2013 and they're only \$153.25 each! Purchase up to six for your Disney get-away. \*Eligible patrons only (active duty, reservist, retired).

## Liberty Center:

The Liberty Center is open on Christmas Day and offering a "Taste of Home - Christmas Desserts." The Center will be open throughout the day, but desserts will be served up at 6 p.m. Come out and spend the holiday in good company! FREE.

Sign up for a MS Surge Hockey game with the Liberty Center. Tickets are only \$6. The FREE shuttle departs from the Liberty Center at 6 p.m. Catch a game Saturday or Sunday!

## Navy Outdoor Recreation:

Do you have holiday parties scheduled this season? Outdoor Recreation offers all kind of equipment for gatherings from grills and cookers to children's bounce houses at very affordable prices.

## new year's eve party

## At the Liberty Center On New Year's Eve 8 p.m. - Midnight

Liberty Center events are available to single sailors and GEO bachelors only.



Calling all fishermen! Navy Outdoor Recreation presents the Fishing Rodeo at Seabee Lake, Dec. 22. To sign up or for more details, call ODR.

**FREE Batting Cage:** No more tokens needed. Stop by and take a swing! Rent bats and helmets at no charge from Outdoor Recreation during business hours.

## Food & Beverage

The Beehive has new hours on the weekends and will be open special hours for the holiday season. Head on over every day of the week for good service and good times with friends! Call for details 228-871-4009.

Fight the cold weather by getting a hot breakfast from the Grill. The

Grill is located at the corner of Colby and 7th Street and has everything from French toast plates to breakfast burritos or traditional eggs and bacon.

Anchors & Eagles: Open Tuesday-Thursday 2 - 9 p.m. Call now to schedule your holiday event!

## Youth Activities

The weather is getting cooler. Perfect time to grab some popcorn and see a movie on the Big Screen Friday, 6-9 p.m. Only \$2 per person. Seats are limited so sign up fast.

It's the time of the year to decorate those sweet holiday cookies and eat them, of course. Sign up today to decorate cookies at the Youth Activities Center this Saturday, 9 a.m. - 3 p.m. \$4 per person.

## For more information about MWR programs and opportunities, contact:

Anchors & Eagles	228-871-4607
Auto Hobby	228-871-2804
Beehive	228-871-4009
Child Development Center	228-871-2323
Fitness Center	228-871-2668
Information, Tickets & Travel	228-871-2231
Liberty Center	228-871-4684
Seabee Heritage Center	228-871-3619
Navy Outdoor Recreation	228-871-2127
RV Park	228-871-5435
The Grill	228-871-2494
Training Hall	228-871-4750
Youth Activities Center	228-871-2251

# NCBC Helping Hands volunteer opportunities

## LONG BEACH ALTERNATIVE

**SCHOOL SEEKS MENTORS** - Long Beach Alternative School on Old Pass Road in Long Beach is looking for mentors for three high school girls and four high school boys. Mentor duties will include providing direction on assignments, increasing personal accountability and other life skills. Please call Michelle Harrison at 228-865-1956 for more information or to volunteer.

## WOOLMARKET ELEMENTARY

**SCHOOL SEEKS MENTORS** - Woolmarket Elementary School on John Lee Road in Biloxi is looking for mentors for their male students as they prepare for middle school. Please contact Shirley Hardman at 228-392-5640 for more information or to volunteer.

**COAST SALVATION ARMY NEEDS VOLUNTEERS** - Volunteers are needed for various projects throughout the year. Contact Shawna Tatge for info, Shawna\_Tatge@uss.salvationarmy.org  
**DRIFTWOOD NURSING HOME** -

Want to make a difference in the life of the elderly then volunteer this fall with Driftwood Nursing Home located right outside the Broad Avenue gate. The contact for this volunteer opportunity is Christina at 228-243-3421.  
**VOLUNTEER WITH USO** - Volunteering is both fun and rewarding. If you are interested in volunteering or would like more information, please visit <http://www.usovolunteer.org/>. Volunteers are needed at both USO locations - (NMPS 2nd Floor, NCBC and

Gulfport Biloxi International Airport.)  
**PROFESSIONAL GOLF ASSOCIATION NEEDS VOLUNTEERS** - Volunteers are needed for the Professional Golf Association (PGA) Champions Tour featuring top golfers - Fred Couples, Tom Lehman, Mark Calcavecchia, Nick Price, & Bernhard Langer March 18 - 24 at the Fallen Oak Golf Club, 24400 Highway 15, Saucier. Volunteer will receive a shirt, hat or visor, a credential for the Week, meals during shift, six good-any-day tickets, a free



round of golf at Grand Bear and admission to a volunteer party at Hard Rock, Biloxi. For details, contact Stephanie Griffis, 228-896-6365.

. . . Follow Seabee Center on Facebook and Twitter . . .

## Seabee Memorial Chapel



### Center Chaplains:

**Lt. Cmdr. Paul Smith, Protestant Chaplain**

**Lt. Yoon Choi, Protestant Chaplain**

**For information concerning other faith groups, call the chapel office at 228-871-2454**

#### Services:

**Gospel Service: 8 a.m.**

**Sunday Catholic Mass: 9:30 a.m.**

**Weekday Mass: Tuesday, 11:15 a.m.**

**Divine Worship: Sunday, 10:30 a.m.**

#### Christmas Holiday Services

**Catholic: Christmas Eve Mass: 4 p.m.**

**Christmas Day Mass: 9:30 a.m.**

**Protestant: Christmas Eve Service: 5:30 p.m.**

**New Years Day: 9:30 a.m.**

## NCBC CIVBEEs

**Are You Up for a Challenge? Announcing: 'I lost it at the Seabee Center' the NCBC/Keesler Civilian Weight Loss Contest**

NCBC Civilians (CIVBEEs) have challenged Keesler Air Force Base civilians to a NCBC Weight Loss Team Challenge competition. The competition will kick off Jan. 14 at the Fitness Center during an introduction to Fitness Center equipment. Anyone interested in participating in the six week-long competition must have a doctor's release of good health form turned in to their supervisor. The release states that the participant is cleared to begin an exercise program. Official weigh-in for participants will be conducted Jan. 7 - 11, 11 a.m. - 12:30 p.m. at the Fitness Center. Benefits of participating include access to a free training class during the lunch hour, as well as nutritional classes. Weigh-ins will be conducted weekly during the challenge. The base that wins will have bragging rights to a trophy that will be displayed at the winner's command suite. For more competition information, contact Dorothy Coleman, 228-871-4848 or [dorothy.coleman@navy.mil](mailto:dorothy.coleman@navy.mil).

## Chapel Offerings

### Looking for a church?

The Seabee Memorial Chapel holds services every Sunday that might suit your needs. Protestant Services include a Gospel Service at 8 a.m. and Divine Worship Service at 10:30 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also Catholic Mass Tuesdays at 11:15 a.m.

### Seabee Pantry

The Seabee Pantry needs restocking. During the holidays, the need for food donations is at its highest level. Please donate as many canned goods and other nonperishables as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement

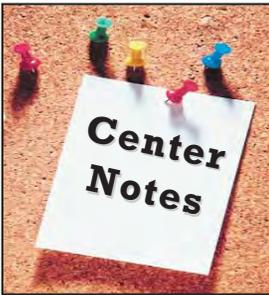
Home. The Seabee Pantry is for anyone affiliated with NCBC.

### Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 11 a.m. Sundays. If you can sing or play an instrument, you are invited to come share your gift.

**Women's Bible Study** Women's Fall Bible Study is held Wednesdays at 11 a.m. at the Seabee Memorial Chapel. The Fall Bible Study is conducting a six-week study by Jennifer Rothchild - "Missing Pieces." Free child care is available.

For more information on all offerings that are available, contact the chapel at 228-871-2454.



**SUPPORT**

**Family Readiness Groups**

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the first Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmc11.webs.com>.

**NMCB 74 FRG** All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m.

Bring a covered dish to share at our potluck dinner. Children are welcome. Email [nmc74fsg@yahoo.com](mailto:nmc74fsg@yahoo.com) or visit our Facebook page at "NMCB74 Fearless FRG" for more information.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or send an email to [NMCB133fsg@gmail.com](mailto:NMCB133fsg@gmail.com). To receive updates, log on to the FRG site at <http://www.wix.com/NMCB133FSG/133frg>

**Gulfport Officer's Spouse Club**

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email [gosgulfport@yahoo.com](mailto:gosgulfport@yahoo.com). We hope to see YOU soon!

**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, Wednesday 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 information.

**TRAINING**

**Naval Sea Cadets**

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or [coachcb@yahoo.com](mailto:coachcb@yahoo.com) for information.

**SOCIAL**

**Miss. Gulf Coast First Class Association** is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

**CBC/20SRG Second Class Petty Officers Association** is seeking mem-

bers. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at [matthew.t.wasson@navy.mil](mailto:matthew.t.wasson@navy.mil) or President LS2 Earl Simpson at [earl.simpson@navy.mil](mailto:earl.simpson@navy.mil) for information.

**NCBC Multi-Cultural Diversity Committee** is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude at 228-871-2454 for details.

**VFW Post 3937** Long Beach is open Monday - Thursday from Noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for 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 each month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion

(NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmc62alumni.org> or for links to Seabee historical sites.

**Seabee Veterans of America Island X-1 Gulfport** are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or [elevenoaks58@cableone.net](mailto:elevenoaks58@cableone.net) or log onto [www.nsva.org](http://www.nsva.org) for information.

**D.A.V. - Disabled American Veterans, Chapter 5** invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more about our organization and all that is offered to members.

**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., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeesmuseumstore.org/-/shop/index.php](http://www.seabeesmuseumstore.org/-/shop/index.php) or call the gift shop at 228-871-4779 for information on all that is available for customers.

**Commissary Holiday Hours**

Dec. 24, 8 a.m. - 4 p.m.  
Dec. 25 - CLOSED  
Jan. 1 - CLOSED

Operating hours and days not indicated above will be normal operating hours.

**NCBC Pass and ID Holiday Hours**

Dec. 23 - 25: Closed  
Dec. 30 - Jan. 1: Closed

**NCBC Gate Hours**  
**Pass Road:** 24 hours, 7 days a week

**Broad Avenue:** 5 a.m. - 5 p.m., Monday - Friday and  
9 a.m. - 5 p.m., Sat/Sun and Holidays

**28th Street:** 5 a.m. - 5 p.m., Monday - Friday and  
5 - 7 p.m., Outbound Only

**Commission Road:** CLOSED



**See Something Wrong, Do Something Right!**

NCIS has two new 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: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

**To report information Online:**

1. Go to [www.NCIS.navy.mil](http://www.NCIS.navy.mil), click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

*There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.*

