

SEABEE COURIER

Vol. 53 No. 03

Naval Construction Battalion Center, Gulfport, Mississippi

January 17, 2013

NMCB 15 prepares for deployment



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 15, form a protective circle to practice teamwork and movement during crowd control training on board Naval Construction Battalion Center (NCBC.) NMCB 15 is mobilized in support of Operation Enduring Freedom and is an expeditionary element of U.S. Naval Forces that act as combat engineers and support various units worldwide through national force readiness, humanitarian assistance and building and maintaining infrastructure. Personnel from 10 detachments in five states (Missouri, Kansas, Iowa, Nebraska and South Dakota) make up NMCB 15. The battalion's Readiness Support Site and Headquarters is located in Belton, Mo. NMCB 15 was awarded the Battle "E" for "Best of Type" and the Rear Adm. J.D. Perry Award of "Best of the Best" in the Naval Construction Force in 1988, 1994, 2001 and 2004. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Garas/Released)

Recent legislation affects military, civilian pay

From American Forces Press Service

The legislation that President Barack Obama signed Jan. 2 that postponed the fiscal cliff means changes to military and civilian paychecks, Defense Finance and Accounting Service officials said.

The legislation increases Social Security withholding taxes to 6.2 percent. For the past two years during the "tax holiday" the rate was 4.2 percent.

The increase in Social Security withholding taxes affects both military and civilian paychecks, officials said.

For civilian employees, officials said, this will mean a 2 percent reduction in net pay.

For military personnel, changes to net pay are affected by a variety of additional factors such as increases in basic allowances for housing, subsistence, longevity basic pay raises and promotions. Service members could see an increase in net pay, no change or a decrease, military personnel and readiness officials said.

For military members, Social Security withholding is located on their leave and earnings statement in the blocks marked "FICA taxes" - for Federal Insurance Contributions Act.

DoD civilians will see the change on their leave and earnings statement under "OASDI" - for old age, survivors, and disability insurance.

See **PAY** page 12



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Skipper's Log

Resolve to eliminate sexual assault

By Capt. Rick Burgess
CO CBC/CMDR 20th SRG

Happy New Year, all! As we turn the page on the calendar and welcome 2013, many of us also engage in the time-honored tradition of making New Year's resolutions. We look back on the year that has passed, considering where we are in life and how we are doing relative to our goals and expectations.

Many resolve to better themselves by exercising more or quitting bad habits. Some may make frivolous resolutions, but if you are serious about improving your life, you make the changes in your behavior necessary to accomplish your goal. Real change is hard but it can be done with focus and effort.

In a similar way, our Navy leaders have taken stock of where we with our effort to eradicate sexual assault from our Navy. Sexual assault goes against the Navy's core values of Honor, Courage and Commitment, and runs counter to the respect we owe one another as shipmates. It can be devastating to the individual and corrosive to unit readiness and operational performance. Simply put, sexual assault is not acceptable in our Navy. And, quite frankly, we are not where we want to be in accomplishing the goal of zero sexual assaults.

To reach our goal, we need additional focus and effort from all hands. In the coming weeks, you can learn more about what you can do to help eliminate sexual assault from our ranks. Fleet-wide training, known as Sexual Assault Prevention and Response - Fleet (SAPR-F), is currently being rolled out at all Navy commands onboard NCBC Gulfport. The SAPR-F training session presents a dramatized, though all too realistic, scenario involving an assault. It provides the opportunity to discuss how the various people involved acted and could have done differently to lead to a better outcome. I hope you will find it a valuable exercise.

Prevention of sexual assault begins by setting the proper tone in



Capt. Rick Burgess

the workplace. As such, I expect leaders to set and to enforce a tone of mutual respect and professionalism. We are here to accomplish our mission – behaving as responsible, mature professionals in the work place is the starting point.

Acting responsibly extends beyond working hours. Exercising good ORM and making wise decisions concerning who you are with and where you go can keep you and your shipmates out of a bad situation. A particular factor to watch is alcohol use. Alcohol is a contributing factor in a majority of sexual assaults. So, enjoy liberty in the right spirit with responsible alcohol use. If you are on liberty with your friends, look out for each other. "I've got your back" is more than just an expression – it's what shipmates do for each other. If you see your friend headed for trouble, step in and act!

All hands are affected when a sexual assault occurs.

Sexual assault is a crime that hurts our shipmates and negatively affects our unit readiness. I urge you to be educated, engage in the training and know your rights and responsibilities. Sexual Assault Response Coordinators (SARC) and Command SAPR Victim Advocates are ready to help if needed, along with Chaplains, healthcare providers and your chain of command. Let's not allow this senseless crime to have a place in our Navy!

Attention Navy Supply Ratings

Have you been affected by PTS? Do you have questions about what's in store for the Supply Ratings? Are you in the process of negotiating orders? Would you like to speak with your detailer in person? If you have answered YES to any of these questions, then you should make plans right now to attend the Supply "Road Show" Jan. 30, hosted by the CBC Supply Department. The Road Show will take place in building 433, room 153 at two times Jan. 30: 9 - 11 a.m. and 1 - 2 p.m. For more information, contact CS1 Young at tomeeko.young@navy.mil.

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,
 E-mail: CNRSE_HOTLINE@navy.mil.

Tax Assistance Center to open by Feb. 1 on NCBC

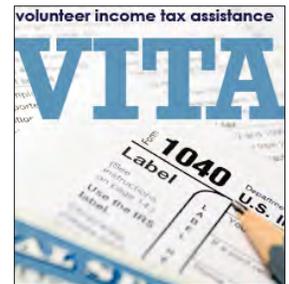
From VITA Gulfport

NCBC's Tax Assistance Center (TAC) is gearing back up this year and will open no later than Feb. 1.

The TAC provides free tax preparation assistance to active duty service members, their dependents, and any reservist on active duty for more than 29 days during the 2013 tax season. In addition, assistance will be offered for retirees and former spouses who have an adjusted gross income (AGI) of \$57,000 or less.

This tax season the TAC has shifted to a self-service program for most eligible taxpayers, through Military One Source for active duty and reservist customers and Tax Slayer and Free Tax USA for dependents and retirees. The service is free for all active duty, guard, and reserve personnel, their families, and retirees as well as anyone who is a legal representative of a child of a military member who is deployed or separated from the child.

Self-service is available on a first come, first serve walk-in basis Tuesdays, Wednesdays, and Fridays. While service members complete their returns, trained tax volunteers will be on hand to offer guidance in tax preparation, allowing for fast and free filing.



Appointments will also be available Mondays and Thursdays. Taxpayers should bring the following documents with them: social security cards for all family members and spouses; W-2's, 1099's, mortgage statements, 1098's, total of payments made for college tuition and books, etc.; last year's tax returns (if available); your checkbook; applicable receipts for Schedule A (charity and medical) and adjustment items; and if filing in the status of Married Filing Jointly, both taxpayers must be present to "sign" the return or present a signed Power of Attorney for taxes.

The TAC is located in building 60, room 265 and will be open Monday through Friday, 8 a.m. - 4 p.m. For general questions regarding the TAC call 228-871-2620 until Feb. 1. After Feb. 1, call 228-822-5131 to make an appointment.

Buzz on the Street

By **CECN Lucinda Moise**
NCBC Public Affairs

"What was your best memory from 2012?"



"Being invited to a Timorese girl's 16th birthday party and getting to know her and her family."

BUCN(SCW) Kimberly Washington
NMCB 74

Hometown: Milledgeville, Ga.



"When my husband came home from deployment."

Bet Ramsey
FOCUS

Hometown: Southern Pines, N.C.



"Bringing New Year's in on post and moving my family back here."

Staff. Sgt. Dan March
169th Engineer Battalion
Charlie Company

Hometown: Lexington, Miss.

Around the



Center

Housing residents learned how to make homemade laundry detergent during a Ladies Pinterest Party hosted by Balfour Beatty Communities (BBC) on board Naval Construction Battalion Center (NCBC) Gulfport, Jan. 9. The purpose of the party was to bring NCBC Gulfport residents together and to promote money saving techniques. The laundry detergent party is one of six programs scheduled for January by BBC. The remaining four activities are a Mardi Gras Ball, Banking Basic and More Management class, Mardi Paws parade and a Household Goods Swap Party. (U.S. Navy photos by Construction Electrician Constructionman Lucinda L. Moise/Released)



Sales Associate Gerald Powell folds new Navy physical training sweat shirts for the Navy Exchange (NEX) Uniform Shop at the NEX on board NCBC Gulfport Jan. 9. New items at the NEX Uniform Shop are Marine Corps wind breakers and name patches for Navy working uniform sweaters. The Uniform Shop also offers same day alterations Mondays through Fridays if item is in before 1 p.m., and embroidering for all military and non-military items and shadow box materials. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

Sam Perkins, Morale, Welfare and Recreation (MWR) sports coordinator, announces NCBC Gulfport/20th SRG as the 2012 Captain's Cup champions and presents Capt. Rick Burgess, commanding officer, NCBC Gulfport and commander, 20th SRG the winning trophy during a morning quarters on board NCBC Gulfport Jan. 10. The Captain's Cup challenge is a yearly competition between the commands on base, and the winner is determined by the most points earned through physical activities, such as intramural basketball, football, baseball and racquetball, as well as through individual command sports activities. (U.S. Navy photos by Builder Constructionman Whitney J. Snider/Released)(Navy Expeditionary Combat Command (NECC) Force Master CC operations. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)





Jim Lowe of GBX Consultants, Inc. presents a resume writing class to participants of the first Transition Goals, Plans, Succeed (GPS) Workshop held on board Naval Construction Battalion Center (NCBC) Gulfport, Jan. 10. Transition GPS is a crucial element of President Barack Obama's plan to reduce veteran unemployment levels, and aims to bolster and standardize the transition support that Sailors receive in order to make them as employment ready as possible. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Seabee Center begins new year with expanded GPS Transition

**By MCC (SCW/SW/AW)
Ryan G. Wilber**
NCBC Public Affairs

In line with Navy initiatives to better prepare Sailors for transition from military to civilian life, Fleet and Family Service Center (FFSC) personnel concluded the first Transition Goals, Plans, Succeed (GPS) Workshop held on board Naval Construction Battalion Center (NCBC), Jan. 11

Transition GPS, an expanded five day course, has taken the place of the legacy four day Transition Assistance Program (TAP) after pilot courses at Naval Air Station (NAS) Jacksonville, Fla., and Naval Base (NB) Norfolk, Va. held in July proved successful. The transition workshop is a crucial element of President Barack Obama's plan to reduce veteran unemployment levels, and aims to bolster and standardize the transition support that Sailors receive in order to make them as employment ready as possible.

The TAP has been redesigned into a comprehensive, mandatory program that includes pre-separation counseling, a military to civilian skills review, a Veteran's Affairs benefits briefing and application sign-up, financial planning support, job search skills building, and individual transition plan (ITP) preparation. Although still in its infancy at NCBC Gulfport, FFSC Work and Family Specialist Jeffrey Isabell is optimistic that the newly implemented changes will be very valuable to transitioning Sailors.

"I think it's a very good deal. I think it's going to help them market themselves better, especially the individual transition plan," said Isabell.

Sailors will get the most benefit from the workshop by planning ahead, and that means working with command career counselors and transition coordinators 12 months or more before separating or retiring.

"Planning is the biggest key

to any transition," said Chief Navy Counselor Deborah Cohn, 20th Seabee Readiness Group (SRG) command career counselor.

As with any workshop, some of the information will seem to pertain more to one person than another, but Chief Special Boat Operator Michael Cashion, assigned to Special Boat Team (SBT) 22 out of Stennis Space Center advises not to be too quick to judge.

"Soak everything up. Whether you need the information or not, there are portions of information being put out that you will be able to use in your future," said Cashion.

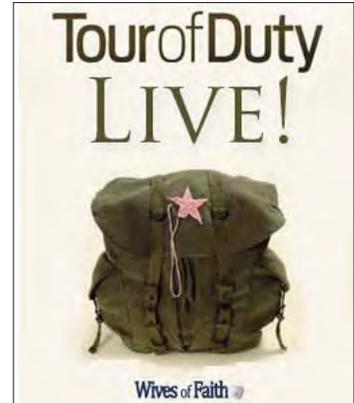
For more information about GPS Transition or creating an ITP, contact your command career counselor or call 228-871-3000 to speak to Isabell.

Editor's Note: This article contains information obtained from "Transition GPS Better Prepares Sailors For Civilian Life" by Commander, Navy Installations Command Public Affairs

Wives of Faith Tour of Duty LIVE in Gulfport Jan. 26 Seabee Memorial Chapel

A Morning
Retreat
with
military
wife &
author
Sara Horn

Worship
led by
Andrew
Macker



A donation of \$10 includes lunch, or a donation of \$15 with childcare (children up to age 10.)

*Contact Claire Jones at 228-214-3557
Email: tourofdutygulfport@gmail.com*

*Register online at:
wivesoffaith.org/todgulfport*

Ocean Springs Mardi Gras Parade

The 38th Annual Ocean Springs-Elks Mardi Gras Parade is looking for

floats and marching units (with or without flags.) Traditionally, the first parade of the Season, the parade will roll through downtown Ocean Springs Jan. 26 at 1 p.m. The theme this year is "Salute to the Military!" For more information, contact Capt. Linda Geisaka, 228-871-4977.



NMCB 11 holds CPX



Construction Electrician 1st Class Michael Perez Dejesus, assigned to Naval Mobile Construction Battalion (NMCB) 11, teaches Information Systems Technician 2nd Class Jamal Saleem, the layout of a distribution panel using schematics during a Command Post Exercise (CPX) on board NCBC, Jan. 14. CPX allows battalions to practice command post watch standing and communication procedures. (U.S. Navy photo by Construction Mechanic 3rd Class Katchen Tofil/Released)

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Email us at IDEVGRURecruiting@vb.socom.mil or contact your detailee to request additional information.

Newly revised self-paced study course for Basic Combat Skills Level I now available

By John Pine
NAVFACENGCOM,
Training Support Agent

The First Naval Construction Division (1NCD) announces the activation of the Basic Combat Skills (BCS) Level I online training course on Navy e-Learning (NeL) via Navy Knowledge On-Line (NKO). This self-paced course includes six lessons that enable Seabees and Civil Engineer Corps (CEC) officers to learn combat skills or refresh their memories. The lessons encompass: The Naval Construction Force (NCF) and The Laws of Armed Conflict; Medical Procedures and Personal Hygiene; General Military Tactics; Field Communications; Force Protection; Combat Equipment and Weapons.

Capt. Stephanie Jones, 1NCD N7, stated, "The official release of the BCS electronic training provides our Seabees another tool to attain critical mission skills and knowledge at the time that is convenient for them."

The course enhances individual and team decision-making and combat effectiveness by supplying up-to-date information to Seabees

LESSON TOPICS

- *The NCF and The Laws of Armed Conflict*
- *Medical Procedures and Personal Hygiene*
- *General Military Tactics*
- *Field Communications*
- *Force Protection*
- *Combat Equipment and Weapons*

**Self-paced course
Now live on
Navy e-Learning!**



Learn About Various Weapon Systems

Comments from users:

"Great refresher course for personnel returning to their unit"

"This will increase the combat readiness of the entire Naval Construction Force"

"This course will enhance the individual and team decision-making and combat effectiveness"



FIRST Naval Construction Division
Point of contact: THIRTY-FIRST Seabee
Readiness Group, Fax (805) 982-5831



Knowledge Checks Throughout The Course

using the latest technology. It's vital to the Seabee mission that personnel stay abreast of the latest combat technology in order to ensure Seabees deploying around the world are prepared for present day challenges.

Petty Officer 2nd Class Tex Mitchell, 31st Seabee Readiness Group military skills instructor, said, "This is a great course! The interactive learning environment prepares personnel, new to the NCF, for more advanced courses like BCS Level II and Fire Team Leader. This will increase the combat readiness for the entire NCF."

Project manager, Chief Petty Officer Jason Verneris, NAVFAC Training Support Agency, had this to say about the BCS course which, until now, has only been available in an instructor-led classroom environment, "The intent of this course is to allow the user to be able to train and become familiar with the NCF and its capabilities in a self-paced interactive learning environment, anywhere - anytime."

The BCS course includes hyperlinks to up-to-date references, a glossary, an acronym/definition list, and dis-

plays graphic images of commonly used forms and documents. The course is available for enrollment by visiting Navy Knowledge Online (NKO), LEARNING tab, Navy e-Learning, Online Courses, Browse Categories, Department of the Navy (DON) Training, Naval Construction Force Training, Basic Combat Skills, Basic Combat Skills - Level I.

This online training tool is designed to support personnel reporting to NCF commands and students attending the CEC Officer School (CECOS) Basic class, and "A" School courses. Each lesson takes an average of two to five hours to complete; upon successful completion of the six lesson assessments, the program generates a completion certificate and updates the member's Sailor/Marine American Council on Education Registry Transcript (SMART) and Fleet Training Management and Planning System (FLTMPMS). SMART can take up to two weeks to appear while FLTMPMS is generally updated nightly.

For more information on the First Naval Construction Division, visit their website: <http://www.navy.mil/local/1ncd/>.

NMCB 133 conducts first mission in Tajikistan

By Lt. Kyle Schlais

NMCB 133 Public Affairs

BAHRAIN -- U.S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 deployed to Dushanbe, Tajikistan, in November as part of a Global Peace Operations Initiative (GPOI), the first Seabee mission in Tajikistan.

In support of the Office of Military Cooperation (OMC) and Tajikistan Ministry of Defense (MOD), the Seabee crew began construction alongside the MOD's construction force, the Stroibat, on phase one of a \$1 million project at the Peace Support Operation Training Center (PSOTC) at Shamsi Base, funded by GPOI.

To help boost the local economy and establish lasting relationships with contractors and vendors, the building materials were procured in nearby street vendor markets by Utilitiesman 1st Class Justin Walker, the Seabee project supervisor, and Air Force contracting officer, 1st Lt. Sunset Lo. The vendors delivered the materials in a timely manner, enabling the project to move forward on schedule.

Throughout the first phase, which included the construction of a new roof, Eng-



Members of Naval Mobile Construction Battalion (NMCB) 133 are shown at a thank you ceremony held in their honor by the Tajikistan Ministry of Defense. The ceremony was held to show appreciation for the work completed in November as part of a Global Peace Operations Initiative. (U.S. Navy photo courtesy of NMCB 133/Released)

lish language lab classroom, kitchen renovations and electrical distribution repairs, the Seabees mentored 10 Stroibat soldiers while building strong relationships through coordination with MOD Stroibat forces and communication with high level Tajikistan military officers.

"Working with Stroibat has been a great experience," said Builder Constructionman Xavier Knowlesball. "It has been educational working through language barrier challenges and I am honored to be a part of the crew."

Construction Electrician Constructionman Hunter Kiser expressed a similar sentiment.

"It has been an awesome experience working with the local construction force," said Kiser. "Their hospitality is amazing and made our visit to Dushanbe easy, allowing us to focus on the tasking."

With the first phase scheduled to conclude in January, planning for the second phase has already begun.

NMCB 133 is currently deployed as a part of engineering support operations throughout the U.S. 5th Fleet Area of Responsibility.

January 17, 2013

Seabee Courier

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NMCB 27 on task in Cuba

GUANTANAMO BAY, Cuba - Builder 1st Class Daniel Gunsallus, assigned to Naval Mobile Construction Battalion (NMCB) 27, performs finish work during the construction of a concrete parking lot at Cable Beach on Naval Station Guantanamo Bay (NAVSTA GTMO), Cuba. The new parking area is one of several renovation and improvement projects the Seabees are performing on NAVSTA GTMO. The Seabees from NMCB-27 are forward deployed throughout South and Central America in support of U.S. Naval Forces Southern Command/U.S. 4th Fleet multinational partnership and humanitarian assistance missions. (U.S. Navy photo by Engineering Aid 1st Class Merritt Cropsey/Released)

Health Watch: Oh Baby . . . Guidelines for Sailors to use when documenting pregnancy

By HM1 Marlena Cox
NBHC Gulfport

Whether planned or unexpected, pregnancy can cause a bundle of emotions for both you and your spouse. There may be a myriad of questions flowing through your mind, especially for those first time parents. Here are a few guidelines to assist you when it comes to receiving obstetrical care while assigned to Naval Construction Battalion Center Gulfport.

Confirmation of Pregnancy

All patients are required to have documentation of a positive pregnancy test by their military health care provider.

NBHC Gulfport has implemented patient walk-in hours from 7 - 10 a.m. to assist with this requirement. Mondays, Wednesdays and Fridays are dedicated to our dependent spouses while Tuesdays and Thursdays are for active duty members. This process may take 10 - 15 minutes. After the lab sample has been processed the ordering physician will notify you of your results.

Prenatal Care. After confirming pregnancy, military members are required to follow up with Occupational Health to ensure they are provided a safe and healthy workplace. All expectant mothers will re-

ceive pregnancy counseling as well as prenatal vitamins. Unfortunately, NBHC Gulfport is not able to provide obstetrical care. All patients will be scheduled at Keesler Air Force Base Women's Health Clinic for continued care. Referrals are not required in this instance.

Emergency Care All patients are authorized to visit any emergency room if there are any signs or symptoms that warrant immediate medical attention. A few of these symptoms include bleeding which progresses from light to heavy, severe cramping, abdominal pain, or fever. If treated in the emergency room, please follow

up with your OB provider as soon as possible. Also remember that whenever you receive care from an outside provider you will need to visit your local TriCare office or call TriCare South at 1-800-444-5445.

With these quick tips, the initial medical planning of your pregnancy should be made a little smoother.

Construction Mechanic (SCW) 3rd Class Katchen Tofil, assigned to Naval Construction Battalion Center (NCBC) prepares to depart for an appointment with the Keesler Air Force Base (KAFB) Women's Health Clinic. (U.S. Navy photo/Released)



Seat Belts Save Lives . . . Buckle Up Every Time!

Navy experts weigh-in on staying/getting fit

From Navy Personnel
Command Public Affairs

Getting fit rates high among resolutions people make at the start of the New Year, and Navy's Physical Readiness Program has resources and information to help Sailors and families achieve their fitness goals, officials said Jan. 8.

"Whether you exercise and want to increase your current level of fitness or you are looking to start a routine to attain a healthy level of fitness we can help," said Bill Moore, director, Navy Physical Readiness Program. "Focusing on the wellness of Sailors and their families by providing the skills and tools for fitness and nutrition is one of our primary objectives."

While it is common for Sailors to skip or reduce workouts over the holidays according to Moore, Sailors should be able to resume their normal fitness routine if little time elapsed between workouts over the holidays.

"Most commands wrap up their fall physical fitness assessments before Thanksgiving and there are gatherings and shopping that may eat into fitness time over the holidays, so it is natural for people to exercise less," said

Moore. "Missing four to five days of exercise over the holidays should have little impact on fitness routines."

Sailors who missed more than six days between workouts may experience some muscle soreness when resuming their routine.

For those who haven't worked out since the last semiannual physical readiness test Moore recommends starting off slowly and building up slowly.

"Start with a shorter duration for cardio-respiratory exercise and less weight for strength training. Build up from there," said Moore. "Sailors can start with 20 minutes of some sort of exercise two or three days per week, slowly increasing time by five minutes per week until they reach their desired level of activity."

"If you have truly been inactive and want to start a routine, then you should consult your physician before performing exercise," he added.

Once you establish fitness routine Moore recommends making it part of a weekly schedule.

"Consistency is the key," he said, adding that whether serving on shore duty, on board ship or submarine, or in the dirt and sand, the Navy provides

its Sailors resources and equipment to remain fit to fight.

Navy guidance recommends Sailors complete at least 150 minutes of moderate physical activity each week and perform strength-training exercises at least twice a week to work all major muscle groups.

Examples of moderate-intensity cardio-respiratory activities include brisk walking (3 mph or faster), bicycling (slower than 10 mph) and water aerobics. High-intensity activities include jogging or running, lap swimming, jumping rope and circuit training. Strength training includes pushups, lifting weights, and working with resistance bands. Including two sessions per week of 8-10 exercises that work all the different parts of the body (legs, hips, back, chest, abs, shoulders and arms) repeated for 10-12 reps each can improve fitness, decrease muscle loss and help maintain a healthy weight.

The Navy Physical Readiness Program website at <http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx> has links to sample warm-ups and workouts users may choose. One sample workout specifically addresses

techniques to improve performance on the Navy's physical readiness test.

Sailors and families will also find links to nutrition information that when followed compliment a good fitness routine.

"No matter what your fitness goals are, good nutrition can help improve your exercise performance, decrease your recovery time from strenuous exercise, prevent injuries due to fatigue, and provide the fuel required during times of high-intensity training and weight control," said Lt. Cmdr Jennifer Wallinger, registered dietitian, Navy Physical Readiness Program.

The site also contains a Navy registered dietitian locator so Sailors and family members may meet face-to-face with an expert and learn more about incorporating proper nutrition to maximize the benefits of their fitness routine.

Whether it is maintaining or seeking to attain a healthy level of fitness the Navy provides Sailors and family members the tools to reach their goals, according to Moore.

For more information visit the physical readiness section of the Navy Personnel Command website www.npc.navy.mil.

3 Ways to Put
Yourself First
Self-Care in the
New Year

Jan. 23

Seabee Chapel

8 - 8:30 a.m.

Welcome, childcare drop off

8:30 - 10 a.m.

Self-Care Workshop

10 - 10:30 a.m.

Refreshments &
Resources

Free workshop

Free childcare

Free refreshments

Open to all service members,
military dependents and
civilian employees

Registration: contact
Eva Shinka or Bet Ramsey
at FOCUS: 228-822-5736 or
email:

Gulfport@FOCUSProject.org
Space may be limited for
childcare, please register in
advance if possible.

Hosted by FOCUS,
NCBC Chapel & MWR

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

Wanted: Mom Manager



I was late for the meeting. Again. With an armful of crumpled papers, I pulled my calendar from its tack on the wall, and rushed down the hall. Sheepishly, I found a seat at the table, spread my papers out around me, and began with as much authority as I could muster:

"This meeting is called to order at, let's see, twelve minutes after nine. If you don't mind, I would prefer that these weekly organizational sessions start promptly at the top of the hour. Now, without any further delay, let's get right down to business."

"The van still needs new brakes, and if you wait much longer, you'll be paying for rotors too. Hayden has Driver's Ed on Tuesday at 4:30, but you must somehow get Anna to her orthodontist appointment at 4:45. The checkbook hasn't been balanced in three months, which might explain why you bounced a check last week," I continued.

"Francis is on his last pair of carmies, so please put a load of dunks in at your earliest convenience. Dinghy is due for his monthly flea treatment. You must write two articles this week. The repairman is coming on Thursday between eight and two to fix the washing machine. And you need to get serious about that diet. Now, how do you plan to get all that done?"

I finished, and took a slurp of cof-

fee.

Crickets.

No one responded, because no one was there. I was having my weekly meeting with myself, and as usual, I had no idea how to answer my own demands.

I scribbled a "To Do" list, marked a few things on the calendar and then went about my day, determined to get it all done this time.

But deep inside, I knew the inevitable pattern of my life would repeat itself again. My week would start out productively. But soon, something would crop up to throw me off track – a school project, a sick kid, writer's block. One item on my To Do list would collide into the next, and the ensuing pile up would become overwhelming, causing a strange contradictory reaction in whereby I'd completely shut down.

By Thursday, my husband would come home from work to find no dinner, the kids run amuck, and me, dazed and unshowered, draped over my computer chair where I'd been surfing vintage Tupperware on e-Bay for the last three hours.

Recently, I decided I'd had enough, and set about figuring out: what fundamental flaw in my character has made it so difficult for me to keep up with my responsibilities as a housewife and mother?

After some thought, and half a box of Cheese Nips, I realized that I have always been a follower, not a leader. An Indian, not a Chief. A Workerbee, not the Queen.

I'm not lazy. I'm not incompetent. I'm not disorganized. I just need a supervisor, a boss, a manager to keep me on track. And of course, I'd gladly subject myself to periodic evaluation and take whatever criti-

cism my manager might propose.

"Ms. Molinari," my manager might say, "While it is clear that you are no stranger to hard work, there is room for improvement in the areas of task prioritization, self motivation and personal hygiene. It is my recommendation that you avoid distractions from your daily priorities such as TJ Maxx, free samples in the grocery store, and mid-day reruns of 'Mob Wives.' Also, it would be highly advisable that you start showering every morning."

But I have to face reality. Unless I find someone willing to be compensated in laundry services and meatloaf, I can't afford a manager. I am the manager, and I have to take responsibility, darn it.

Even if it feels like I'm constantly being dragged through life behind my dirty white minivan, I'll continue this never-ending game of catch up until my job is done. I'll try to avoid getting tangled in the minutiae – the emails, the dust bunnies, the bills, the burnt dinners, the dark roots – and focus on the big picture: keeping my family happy and healthy.

The value of our shares may fluctuate day by day, but long-term analysis indicates that this family is on an upward trend. Our employees may complain from time to time, but all in all they report excellent job satisfaction. Management lacks efficiency when it comes to goal attainment, but she is dedicated, sincere, and works overtime and on weekends without pay.

Final recommendation: Despite its flaws, this family enterprise is thriving -- no need for a change in management.

Get more wit and observations from Lisa at her blog, <http://the-meatandpotatoesof-life.com>.

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 out-

ing that involves alcohol. It is always important to have a plan in place when going out in town, but if your plans fall through, please call LADD and we will pick you up!

100 percent confidential, zero reprisal!

- ~ LADD is strictly confidential. NO REPRISAL!
- ~ LADD will take individual home only, no stops.
- ~ Volunteers who stand the watch are on call 24/7.

Call 228-239-9007

Balfour Beatty Communities January Mardi Gras Merriment

BBC is hosting a
Mardi Gras Ball
for Base Housing
Residents!
Jan. 18, 6 - 9 p.m.
Rhodes Hall
(building 303)
Call 228-863-0424
for details!



**Balfour Beatty
Communities**

BBC
Mardi Paws Parade!
Bring your K9
companion to the
Dog Park located by
Seabee Lake
Jan. 26
10 a.m. - noon for a
Mardi Paws Parade!
If you don't have a K9
companion, come out
to view! The Humane
Society of South MS
will be onsite with
adoptable animals!

Focus on Education

What's playing?



West Elementary Kindergarten through Fifth-grade students enjoy a special showing of "Brave" at the Base Theater on board NCBC Gulfport, Jan. 11. The 140 students were treated to the movie as a reward for maintaining good behavior during a nine week period. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Scholarship deadline is next month; complete forms and essay now

From DeCA Public Affairs

The Scholarships for Military Children Program awards \$1,500 scholarships to students from military families. Eligibility requirements, application forms and other information about the scholarships can be found at www.militaryscholar.org.

This year's applicants must submit an essay and an application to a commissary by close of business Feb. 22.

The scholarship program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service

members and their families.

Commissaries are an integral part of the quality of life offered to service members and their families. The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. It is the intent of the program that a scholarship funded through contributions be awarded annually for each commissary operated by the Defense Commissary Agency worldwide.



USO Tour



THE USO, TREVOR ROMAIN COMPANY,
FOCUS and MWR PROUDLY PRESENT:

Trevor Romain

Award winning children's author and TV personality

Trevor's FREE presentation emphasizes the importance of caring for one another and helping children develop strategies in dealing with the unique challenges of military life. Children and adults alike will be moved by Trevor's heartfelt stories from a lifetime spent working for the well-being of children.

With You All the Way USO Tour:

- 75-minute interactive presentation geared toward 2nd - 6th grade students
- Humor and stories to connect with the audience
- Free kit will be sent to all military students who attend and are registered for the event



Tuesday, January 29, 2013
4:00-5:15 PM
at the NCBC Training Hall

Special Notes

All children must be accompanied by a parent or guardian during the presentation unless currently enrolled at the YAC after-school program

NOTE: Attendance by children under seven (7) is not recommended due to content and duration. Parents, please use discretion if bringing children ages 5-6; a special section is designated for these families. It is strongly recommended that alternative arrangements be made for children under the age of five (5).

Please call to make a reservation:

Contact Kevin Byrd at (228) 871-2117
or Eva Shinka at (228) 822-5736

For information about The Trevor Romain Company visit www.trevorromain.com

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

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



Fitness

Feeling frustrated from a hard day on the job? Well get it all out on the court with some racquetball. Make it intense or just get a good work out in. Sign up for Intramural Racquetball Jan. 22 through Feb. 5 at the CBC Fitness Center. Call for details 228-871-2668.

Do you need people around to motivate you to work out? Then, 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

FREE Movie Program at the Training Hall: Take a load off. Sit back and watch the big screen all by yourself for some alone time, or make it a family night and bring the whole crew! Stop by the Snack Bar on your way in to get that buttered movie popcorn and those other goodies that help you get lost in the moment. Forget what was playing? No worries - put the movie hotline in your phone, 228-871-3299 and call anytime!

Friday, "Looper," R, 6:30 p.m.
Saturday, "Wall-E," G, noon;
 "Frankenweenie," PG, 2:15 p.m.,
 "Trouble with the Curve," PG-13, 5 p.m.
Sunday, "Hotel Transylvania," PG, 2 p.m.; "House at the End of the Street," PG-13, 4:30 p.m.

Information, Tickets and Travel:

Top of the Hops Beer Fest- Enjoy a sampling of over 150 world-class beers AND you don't have to drive! Don't pay \$40 for a cab, let MWR be your DD. Your general admission ticket will include souvenir, 2 ounce sampling mug, festival guide, unlim-

ited sampling of over 150 beers, live entertainment, and shuttle service provided by MWR. Shuttles to the event will depart at 4:30 p.m. and 6 p.m. from ITT (building 365) parking lot. Return shuttle will depart from the Coliseum at 7 p.m. and 9:30 p.m. and will return to the ITT (building 365) parking lot. You must be 21 or older to attend; I.D.'s will be checked. Children will NOT be allowed into the event. Price is only \$55 and includes round trip transportation and general admission ticket. Call 228-871-2231 for details.

ITT has your Harlem Globetrotters tickets at military discount! Take the kids to enjoy a show full of trick shots, jumps and dunks for just \$24.45/ regular seat ticket. Call for details or stop by ITT to purchase yours today!

Don't blink . . . or this offer will race by you like the Daytona 500. Feel the rumble of the stadium in person. Book your Daytona International Speedway package today! ITT is offering packages at great prices that include a ticket to the Daytona 500, round trip transportation on a Coach bus and two nights' hotel accommodations. Package prices vary depending on room occupancy - starting at \$450 for a single and running as low as \$160 for four person occupancy. The trip runs Feb. 23 - 25, and an initial down payment is due by Jan. 18. Call ITT for details, 228-871-2231.

Liberty Center:

Take your pick of sports this weekend with the Liberty Program's awesome selection. Choose from NBA Basketball on Saturday or Minor League Hockey Sunday. Watch the New Orleans Hornets in action as they take on the Golden State Warriors for only \$20. The shuttle departs from the Liberty Center at 5 p.m. Saturday.

If you prefer hockey, check out what the local Mississippi Surge Hockey team can do as they warm up their skates to take on the Huntsville Havoc for only \$6. The

shuttle leaves from the Liberty Center Sunday at 6 p.m. Call 228-871-4684 for more details or to learn more about exciting opportunities with the Liberty Center.

Navy Outdoor Recreation:

Toughen up . . . don't let the cold weather keep you indoors! NOR has lots of fun equipment that will make you forget all about that chill in the air.

Shhhhhhh . . . I smell a doe . . . no a hog! Sorry Elmer Fudd, this hunt doesn't include rabbits. Put on your camouflage and sign up today for a NOR hunting trip package.

Packages include transportation, lodging and meals and your choice of doe or hog hunting or both. This opportunity is scheduled for Jan. 25 - 27 and pricing starts as low as \$1,000. Plus, the ranch does the dirty work and retrieves and cleans your kills for you. Be sure to bring an ice chest so you can take the meat home to the family. Call NOR for details and to put down a deposit today, 228-871-2127.

FREE Batting Cage: No more tokens needed. Stop by and take a swing! Rent bats and helmets at no charge from NOR during business hours.

Food & Beverage

The Beehive is now open every day of the week! Watch the game on one of our seven flat screens, play a little pool and enjoy good

times with friends! With an excellent beverage selection, you are sure to find your preference. Call for details 228-871-4009.

Don't want to get out in the cold for lunch? Let The Grill bring it to you. The Grill offers lunch delivery Monday - Friday from 11 a.m. - 1 p.m. Call 228-871-2494 to place your order. Fight that early morning chill by getting a hot breakfast. The Grill is open as early as 6:30 a.m. Take your pick from French toast plates to breakfast burritos or traditional eggs and bacon. The Grill is located at the corner of Colby and 7th Street.

Anchors & Eagles: Great service and good times are what you can expect at Anchors & Eagles. Open

Tuesday - Thursday 2 - 9 p.m., and designated for chiefs and officers. Stop by and shake off the day with comrades.

Youth Activities

Please note that YAC will be CLOSED Monday in observation of Martin Luther King, Jr. Day.

There is no room for boredom this Saturday. Join the YAC for a visit to the Insectarium and IMAX: Born to Be Wild in 3D. Check out both for only \$6 from 8 a.m. to 4 p.m. Lunch needed.

Put on your Chef hats and join the Triple Play Cooking Club Tuesday for an extra tasty Cheese Taste Testing. Check it out for FREE from 5:30 - 8:30 p.m.

**Super Bowl XLVII
@ the Beehive**

**February 3
7:30 - 10:30 p.m.
Open to All
Hands
FREE snacks
each quarter!**

**We have the
best beverage selection
and flat screen
TVs. You have the
team pride. Now,
bring on
The Game!**

**Call 228-871-4009 or email
Michael.Sweetapple@Navy.MU
for more information.**

You must be 21 years or older to purchase alcohol. Please drink responsibly.

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
Main Office	228-871-2538

NCBC Helping Hands volunteer opportunities



UNITED WAY OF SOUTH MISSISSIPPI - United Way of South Mississippi is kicking off the new year with a "30 Ways in 30 Days" challenge. Participants can sign up on line and choose a volunteer calendar for January that is tailored to fit available time and customized from the menu of activities and opportunities. To sign up for the 30 Ways in 30 Days challenge, visit unitedwaysm.org and click Volunteer.

LONG BEACH ALTERNATIVE SCHOOL SEEKS MENTORS - Long Beach Alter-

native 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 need 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 with Driftwood Nursing Home located right outside the Broad

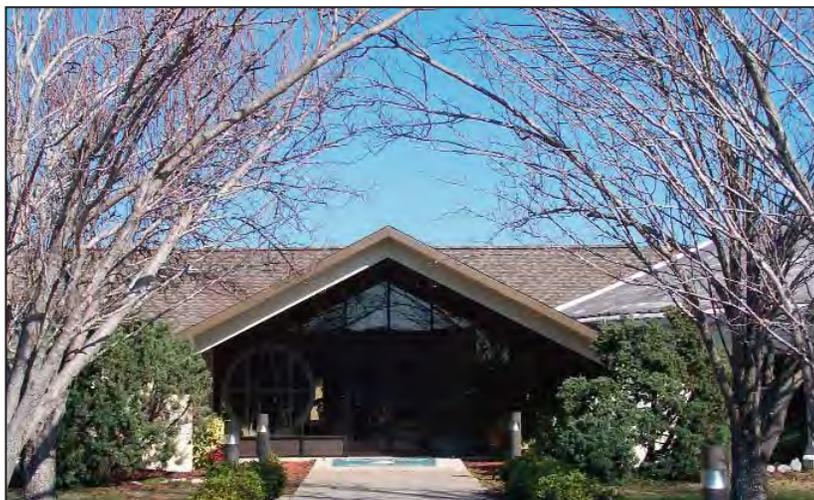
Avenue gate. The contact for this volunteer opportunity is Christina at 228-243-3421.

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.

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.

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 10:30 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.

Tour of Duty

Wives of Faith present "Tour of Duty" LIVE in Gulfport. A Morning Retreat with military wife & author Sara Horn at Seabee Memorial Chapel Jan. 26. For questions contact Claire Jones at 228-214-3557 or register at: wivesoffaith.org/todgulfport. A donation of \$10 includes lunch or a donation of \$15 with child-care (children up to age 10.)

Is your New Year's resolution to give back to the community? Volunteer today! USO volunteers lift the spirits of America's troops and their families around the world. Our volunteers are the reason troops know they can count on the USO. Every day USO volunteers impact the lives of troops in many ways including: helping out a special event; cheering troops at a homecoming; welcoming troops to a USO Center and providing a listening ear. Find out how you can volunteer with the USO by visiting <http://www.usovolunteer.org>. USO is located at the Naval Mobilization Processing Site (NMPS) on board NCBC. Hours of operation: Monday - Friday, 8 a.m. - 4 p.m. Call 228-575-5224 for more information.



Postal stamp rate increase . . . The United States Postal Service will increase the first class rate stamp Jan. 27. The rate will increase to \$.46 for 1 ounce. To find out more about stamp rate increase, please log onto www.USPS.gov.





SUPPORT

Family Readiness Groups

NMBC 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 babysitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

NMBC 11 FRG For more information regarding the NMBC 11 FRG, please visit the FRG and Ombudsman website at <http://nmbc11.webs.com>.

NMBC 74 FRG All families of NMBC 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMBC74 Fearless FRG" for more information.

NMBC 133 FRG invites all friends and family members to attend FRG meetings the first Monday

of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or send an email to NMBC133fsg@gmail.com. To receive updates, log on to the FRG site, <http://www.wix.com/NMBC133FSG/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 goscgulfport@yahoo.com. We hope to see YOU soon!

Navy Wives Clubs of America, Inc. The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area and will be hosting a meeting for new member Feb. 16. 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 228-3422271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubs-ofamerica.org for more info 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, 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 details.

TRAINING

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

SOCIAL

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

CBC/20SRG Second Class Petty Officers Association is seeking members. 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 or President LS2 Earl Simpson at 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 Colade, 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 Sat-

urdays. 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.

NMBC 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://nmbc62alumni.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@cablone.net or log onto 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, Silvia 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 11 a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabee-museum-store.org or call the gift shop at 228-871-4779 for information on all that is available.

From **PAY** page 1

Reserve component members will be the first to see potential changes in their net pay as a result of the law, DFAS officials said. Changes will be reflected in their January paychecks.

Active duty military personnel will see pay adjustments in their January mid-month paycheck and will be

reflected on the January leave and earnings statement.

DoD civilians will see social security withholding changes reflected in paychecks based on the pay period ending Dec. 29, 2012, for pay dates beginning in January.

DFAS stresses that all personnel should review pay statements carefully.

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, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

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



NCBC 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!



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://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.