

# SEABEE COURIER

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## NMCB 74 Warrior Platoon Competition



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 participate in a Warrior Platoon Competition at the Fitness Center Track on board NCBC Gulfport, April 26. The Warrior Platoon Competition consists of several events spanning six

months, and is held to determine which NMCB 74 platoon is the strongest. (U.S. Navy photos by Construction Mechanic 3rd Class Katchen Tofil/Released)

*See NCBC Facebook for more Warrior photos*

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# Commentary

## Parental protective factors help prevent child abuse



**Commentary by Paula Spooner**  
 81st Medical Operations Squadron

Last week I returned home from a very special road trip. My daughter, grandson and I all traveled to Ohio to welcome the newest member of our extended family -- a gorgeous, healthy 7-week-old baby girl.

Her proud parents marveled at her tiny fingers and toes, pointed out features resembling specific family members and described milestones already accomplished despite her brief tenure on earth. As we all admired her, she lay happily propped on a Boppy, smiling at a world she clearly deemed friendly, warm and pretty darned fascinating. Watching my step-daughter so tenderly care for her newborn, I had tears in my eyes. It was perfect. It was just . . . right.

This week, back at work in family advocacy, I reviewed articles on recent child abuse incidents reported in the local paper. Given last week's visit, I couldn't help but be especially saddened as I considered the sharply contrasting lives of these children. Still later, preparing for the annual Keesler Medical Center "Pinwheels for Prevention" display, I researched the number of kids in the surrounding community substantiated last year for child abuse or neglect. For the display "garden," the family advocacy program plants one pinwheel to represent each of these kids - a total number that has risen by a whopping 30 percent since last year's display. This year we will be placing nearly 1,300 pinwheels.

Thirty years ago this month our president dedicated April as National Child Abuse Prevention Month. Although we all have a responsibility to children year-round, this is a time during which individuals and organizations are encouraged to dig a little deeper, to play a more active role in making our community a better, safer place for children and families. By ensuring that parents possess the knowledge, skills and resources they need to care for their kids, we can boost their social and emotional well-being and prevent maltreatment within families and communities.

Research shows that when parents

possess six main protective factors the risk for neglect and abuse diminish, and optimal outcomes for children, youth and families are promoted. The six protective factors are:

**Nurturing and attachment:** Simply put, this is just good, old fashioned bonding. There is no shortcut through this one. Hold and cuddle your babies and spend time with your kids! A few years ago, I wrote an article about the importance of putting down your smart phones, I-pads and laptops, curtailing the texting, tweeting and gaming and giving your babies and children face to face contact. There is simply no substitute for time spent together. When your child calls out, "Mommy, watch me!" for what seems like the hundredth time, stop and watch! The quality and amount of the time that you invest in your children now will determine what they invest in you later on. When life passes by so quickly it leaves you breathless.

**Knowledge of parenting and of child and youth development:** What's normal? When should you seek outside support? Parents tend to worry and kids are full of surprises. The more parenting skills and tools we all have in our back pockets to manage concerning behaviors the more likely we are to react calmly and appropriately in a tense situation. So take parenting classes or enroll in FAP's new parent support program, not because you think you are a "bad parent," but because you want to prepare - because you choose to become the best parent you can be. By the way, I have consistently found that it's the invested, curious, open-minded parents who most frequently register for classes!

**Parental resilience:** How can we expect military parents to raise resilient kids if they cannot model those qualities at home themselves? Answer: We can't! This is where the comprehensive Airmen fitness modules come in handy. The more our master resilience trainers educate base personnel to effectively use the mental, physical, social and spiritual interventions to manage work demands, the more likely they will be to implement them 24/7. This will create a ripple effect. At home, partners and kids will be ex-

posed to and learn these skills, creating a healthier family environment. Just envision neighborhoods and schools in which all the citizens grow and practice the life management skills taught in these resiliency classes!

**Social connections:** Just as research has shown inadequate bonding to increase risk for shaken baby syndrome, it has also revealed social isolation to be a primary contributor for families at risk for violence. A close, caring, supportive relationship is the best protective factor against depression, PTSD, anxiety, physical illness, adjustment to unwanted change - the list goes on and on. Ironically, even as we have continually added to our options for electronic connection with others - Twitter, Facebook, Skype, LinkedIn, text messages - many of us report feeling more alone than ever. The Air Force has real-world opportunities for social networking and support, so let's use them. If you are a spouse, sign up to attend Heart Link and support the Key Spouse program. Active duty members should educate themselves about base resources and consider volunteering as victim advocates, mentors or peer trainers. The Exceptional Family Member Program provides support to families of kids with special needs and the base FOCUS program helps families adjust to all phases of deployment. Single parenthood is challenging; who can relate better than another single parent? Team Keesler, reach out!

**Concrete supports for parents:** Child abuse is more likely to occur when parental stress and worry reaches an unmanageable level, at which time even a minor event can trigger a loss of control. So when parents are overwhelmed about kids' unmet needs or what seems to be an unsolvable life situation, that's when concrete, or tangible services, can keep a family on an even keel. All parents need an occasional respite from the constant demands of parenting to relax, recharge and regroup. "Parents Night Out," held the first Saturday of each month at the child development center and youth center, is a wonderful opportunity for base parents to do just that.

Register your kids and give it a try! Or when monthly bills threaten to overwhelm your budget, don't stress and worry in isolation - call the airman and family readiness center and discuss your options with a financial counselor. They are savvy, professional and responsive. This base is full of personnel whom, if they cannot help, know who can. From tax assistance to food stamps, to WIC to durable medical equipment, there is a solution to every need. If you are worrying or could use some support, talk to your leadership!

**Social and emotional competence of children:** While all six protective factors are important, this one is particularly critical. For today's children to grow into the socially and emotionally competent adults of tomorrow, they require healthy examples. This calls upon their parents and other adult role models to demonstrate effective communication skills, respect of others and their property, empathy, kindness, social consciousness, emotion regulation and self-discipline. And this is just the beginning! As a grandparent, I firmly believe that children need and benefit from the collective input of many adults, not just their parents. Of course, loving parents will hopefully provide the structural basics, but other caring adults may impart other lessons: the spirit of generosity, the value of hard work or the wisdom of preserving nature. It does indeed take a village.

What might you be able to offer the children in your community? This month, take the opportunity to consider just one way you could make a difference in the lives of the kids in your local school, neighborhood, county or state. It might be dedicating an hour a week to rock babies in a daycare, volunteering as a Big Brother/Sister, teaching a parenting class or offering to help out the family of deployed service member.

Everything helps; everything counts. Call 228-376-3457 for more information.

## 'Keep What You've Earned' campaign developed by Sailors for Sailors

From Navy Personnel Command Public Affairs

Why do Sailors drink alcohol? What can the Navy do to prevent excessive drinking? Do existing alcohol abuse prevention strategies and messages affect Sailors decisions?

These are some of the questions the Navy Alcohol and Drug Abuse Prevention Office (NADAP) asked more than 700 Sailors across the country last year in an effort to develop its newest campaign launched this month, "Keep What You've Earned."

"We recognized the need for an innovative strategy aimed at promoting responsible drinking among Sailors," said Dorice Favorite, NADAP Director. "So we conducted interviews, focus groups, and an online survey to gain a better understanding of Sailors' personal drinking habits and how alcohol consumption is perceived in the Navy as a whole."

Results from the research showed that 18 to 24-year-old Sailors want to be treated like adults.

"In view of that, the 'Keep What You've Earned' campaign acknowledges that all of our men and women are accomplished Sailors capable of making responsible drinking decisions," Favorite continued.

With the slogan "You've Earned It, Don't Waste It," the

See **EARNED** page 12



# Around the Center



Service members and civilians cheered and thanked veterans while welcoming them home from the Honor Flight in which the veterans visited a number of historic sites, including the World War II Memorial in Washington D.C., before flying back to Gulfport-Biloxi International Airport, April 23. This was the fifth Honor Flight from the Mississippi Coast dedicated to service members of all branches of the Armed Forces. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Re-



Capt. Rick Burgess, command officer, Naval Construction Battalion Center (NCBC) Gulfport presents Equipment Constructionman Jessica Kirst, assigned to Naval Mobile Construction Battalion (NMCB) 11 with a backpack award for volunteering with the Navy Marine Corps Relief Society (NMCRS). Volunteers were recognized at a NMCRS luncheon at the Great Southern Club in Gulfport, April 26. (U.S. Navy photo/Released)



Customer Service Representative, Kelly Bradley, checks Builder 1st Class Robert Little, assigned to Naval Mobile Construction Battalion (NMCB) 15, into the Navy Lodge on board NCBC Gulfport, April 25. The Navy Lodge is open 24 hours a day, seven days a week. For more information or to make a reservation call: 228-864-3101. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



## Buzz on the Street

By **CECN(SCW) Lucinda Moise**  
NCBC Public Affairs

"What did you like most about NCBC Earth Day?"



"The possum, it was absolutely adorable."

**Katelin Lawrence**  
Student



"The animals and the food."

**Labrea Richards**  
Student



"I really liked everything, especially the baby turtles."

**Landon Miles**  
Student

# Ocean Springs students join Seabees for annual Earth Day celebration

By **CECN Lucinda L. Moise**  
NCBC Public Affairs

Fifth grade students from Ocean Springs Upper Elementary School attended the Earth Day 2013 Celebration at the Training Hall and the track outside the Fitness Center on board Naval Construction Battalion Center (NCBC) Gulfport, April 22. Each year NCBC invites local schools, families and organizations to participate in Earth Day.

Earth Day was founded by U.S. Senator Gaylord Nelson in 1970 following the 1969 massive oil spill in Santa Barbara, California. Over the years it has become known as the largest civic observance on Earth.

The Earth Day Celebration kicked off at the Training Hall where Capt. Rick Burgess, commanding officer NCBC, spoke to the 5th grade about the importance of taking care of the earth.

"The environment is a gift to us. It's there for us to use but we have to take care of it as well," said Burgess.

To further encourage the students to be mindful of the effects of littering Mississippi Department of Environmental Quality and Bayou Town Productions presented "Watershed Harmony," a musical puppet play. The play not only encouraged the students, but entertained and educated them on how to take care of the earth. After the puppet show the classes of Andrea Monaghan and Krystal Tiblier received recognition for winning an Earth Day poster contest. The classes created award-winning three dimensional posters exhibiting the "3 Rs" Reduce, Reuse and Recycle.



Above: Fifth grade students with Ocean Springs Upper Elementary listen to a volunteer with Wild at Heart Rescue during the annual Earth Day Celebration held on board Naval Construction Battalion Center (NCBC) April 22. Left: More than 400 students participate in the Watershed Harmony puppet play at the Training Hall. Each year NCBC invites a different group of students to help celebrate Earth Day by attending an interactive show and experiencing fun and interactive learning stations at the base track. (U.S. Navy photos by Construction Mechanic 3rd Class Katchen Tofil/Released)

Following the award presentation the 5th graders joined the rest of the Earth Day participants at the base track where they visited various learning stations. The information booths consisted of representatives and interactive displays from Pascagoula Audubon Society, Mississippi Museum of Natural Sciences,

Mississippi Power Co., National Oceanic Atmospheric Administration (NOAA) Fisheries, Harrison County Conservation District and Wild at Heart Rescue.

Over 400 5th grade students attended this year's Earth Day Celebration amongst them was Landon Miles whom expressed what he thought about Earth

Day and what he got out of it.

"I really liked everything; especially the baby turtles and I learned how to help the earth and the animals."

**Editor's note:** Compiled with information from Ocean Springs students, Seabees celebrate Earth Day" by Priscilla Loebenberg and John Fitzhugh, April 23, the Sun Herald.

# NMCB 11 Seabees train mind and body during Sexual Assault Awareness Month



Sailors assigned to Naval Mobile Construction Battalion (NMCB) 11 combine sexual assault awareness training with command physical training during Sexual Assault Awareness Month (SAAM) with multiple stations placed along their running route where interactive



training is facilitated. NMCB-11 is a Seabee battalion specializing in contingency construction, disaster response, and humanitarian assistance. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael)

## Underwater Construction Team (UCT) ONE



Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.

UCT 1 is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change.

Contact UCT CCC/Diver recruiting team at 757-462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohse at ryan.dohse@navy.mil or visit [www.facebook.com/seabee.diver](http://www.facebook.com/seabee.diver) for information.

## SAME Scholarship Golf Tournament

The Society of American Military Engineers (S.A.M.E.) is holding a scholarship fund raiser golf tournament May 17, at 1 p.m., Bay Breeze Golf



Course, Keesler Air Force Base. Lunch will be served at noon and is included in the \$75/player fee or \$260/4 person team fee. The event features a \$40K Shootout from mulligan participants. Mulligans will be available for purchase for \$5 or 3/\$10. To register, go to <http://www.samegulfcoast-tournament.com>.

# NMCB 15 Kandahar Seabees receive VIP visit

By MC2 Daniel Garas

NMCB 15 Public Affairs

The Deputy Commander of U.S. Naval Forces Central Command (NAVCENT), Rear Adm. Kevin D. Scott visited Seabees assigned to Naval Mobile Construction Battalion (NMCB) 15, Detachment Kandahar, April 19.

Scott and his staff talked with the Seabees as they ate lunch before he went on to address a larger group about how future challenges would be met and answered their questions about the impact of the budget sequestration.

"The U.S. Navy is committed to supporting a forward deployed force," Scott said. "We are going to continue to focus on training and maintenance."

Scott went on to tell the Seabees that even with sequestration, operations would continue. He went on to add that even though the size of the operating forces may shrink, the capabilities would remain the same.

"We're not going to see a drastic reduction of people,"

Scott said. "Many Sailors will still have the opportunity to serve."

The Seabees responded to the visit with positive feedback. "It was nice to have someone of that rank talking to you instead of just at you," said Equipment Operator 2nd Class Keith Perreault. "He was really speaking to us on our level so we could understand it. That was really great."

"I found the information useful," said Equipment Operator 1st Class Scott Cruikshank.

"He told us where the U.S. Navy is going and what the Seabees are going to do."

"You're not hearing different rumors from different people," said Cruikshank. "You get the information from the source."

NMCB 15 is currently mobilized in support of Operation Enduring Freedom and is an expeditionary element of U.S. Naval Forces that support various units worldwide through national force readiness, civil engineering, humanitarian assistance, and building and maintaining infrastructure.



Seabees assigned to Kandahar Detachment of Naval Mobile Construction Battalion (NMCB) 15, pose with RADM Kevin D. Scott and Command Master Chief, CMDCM(AW/SW) Eddie L. Knight during recent visit. RADM Scott is the deputy commander, U.S. Naval Forces Central Command (NAVCENT) touring Afghanistan visiting Navy Expeditionary Forces deployed to Operation Enduring Freedom. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Garas/Released)

## Base decals on the way out . . .

Effective May 13, Naval Construction Battalion Center (NCBC) Pass and ID will no longer issue decals. Paper passes will be issued for six month increments. As decals expire, they will be scrapped. More information on this will be publicized as it is known.

## NCBC Building Manager's Training

May 9, 11 a.m. - 12:30 p.m.

Training Hall, building 446

This training is for all Building Managers under the NCBC Area of Responsibility. Attendance is HIGHLY ENCOURAGED as this training is different from any previous training.



Funds go toward the AD Fund Drive

Who remembers last hurricane season? Were you ready? In less than 30 days, the 2013 Hurricane Season begins. To help get ready, visit <http://www.ready.navy.mil/>.



Members of Naval Mobile Construction Battalion (NMCB) 1's Medical Department stand in front of the Green H awarded for exemplary healthcare performance. The award is presented to commands that excel in mission readiness by promoting the overall health, fitness, and mental well-being of their active duty Sailors. Pictured from left to right are: HM2 Willie Battle, HN Antavis Moses, HM1 Amanda Daniels, HM3 Kevin Richards, HM3 Chase Lapradd, HMC Jesse Palacios, HM1 Omar Decastroso, Lt. Mark Susmarski, HM2 Tristan Welter, HM2 Sean Heard, and HM1 Jed Diaz. (U.S. Navy photo/Released)

## 'First and Finest' earn Green 'H'

By CE1(SCW) Joshua Thonissen  
NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1's efforts in promoting a healthier lifestyle for its members has earned the Green "H" from the Commander, Navy Expeditionary Combat Command (COMNECC).

The award is presented to commands that excel in mission readiness by promoting the overall health, fitness, and mental well-being of their active duty Sailors. In order to be a candidate for the award a command must demonstrate exceptional medical effectiveness throughout the calendar year.

One of the commands major driving forces toward the nomina-

tion was Lt. Adam Susmarski. Shortly after his arrival to NMCB 1 he began developing the Health Promotion Committee. The committee met at least quarterly to develop training and events to get troops thinking more actively about their health not only professionally but also during off-duty activities.

"The command could not have won the award without the dedication and commitment of all the different departments within the command represented by the Health Promotion Committee," said Susmarski.

Although spread thin over the course of their 2012-2013 deployment to European/African Commands, the committee implemented the training and re-

duced Physical Fitness Failures by 10 percent and only having one failure for the fall cycle of 2012. The number of alcohol related incidents (ARI's) has also been greatly reduced throughout 2012.

NMCB 1 is the only command in the Naval Construction Forces (NCF) to receive the Green "H" award.

"I am incredibly proud of my medical department and the work they put in to develop and refine the necessary programs needed to achieve this award, most notably all of the hard work HM1(SCW) Amanda Daniels put into the creation of the program at its outset. It is a great honor for NMCB1 as a whole to lead the way in Health Promotion and Medical Readiness in the NCF," said Susmarski.

## 'The Professionals' of NMCB 5 train in Japan



OKINAWA, Japan - Seabees run to shelter in Mission Orientated Protective Posture (MOPP) suits after a simulated bombing and chemical attack on an airfield during a Silver Flag exercise on Kandena Air Base. Several Seabees assigned to Naval Mobile Construction Battalion (NMCB) 5 joined more than a hundred Air Force Airman in Silver Flag, an Air Force exercise used to train and assess a units airfield damage repair capabilities. NMCB-5 is supporting Navy and joint forces throughout the U.S. Pacific Command. (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)

Please Join NCBC's Base Diversity Committee As We Celebrate

## Asian Pacific American Heritage Month

When: May 16, 2013, 10 - 11 a.m.

Where: NOSC (Building 114) Drill Deck

Come join us for Singing, Dancing, and FOOD, FOOD, FOOD and more FOOD!

POCs: CE2 Clark 871-2608, EM1 Wade 871-4676



Guest Speaker:

Trang Pham Bui from WLOX!!!

## Diversity Committee Pizza Sale Fundraiser

May 9, 11:30 a.m.



Pizza selections include: Pepperoni, Sausage, Ham and Cheese for \$10 each (cash only)

Order the pizza by contacting committee representatives: BUCN Miller/NMCB 74; BU2 Walker/NMCB 11; RP3 Valle/NMCB 133; CMCS Sawyer/NCG2; LT Choi/CBC; CE2 Clark/NCTC and EM1 Wade/ECS

Pizzas can be picked up at the CBC Chapel, May 9, 11:30 a.m. - Noon

All pizza orders must be in to Lt. Choi 871-2454, no later than May 8

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Military Spouse Contributor

## The bottom drawer . . .



Ironically, there are benefits to moving so often as a military family. Every few years, we're forced to go through all the used markers, pillowcases, snow boots, kitchen utensils, Barbies, tae kwan do trophies, tax records and saucepans, and throw a bunch of stuff out.

As a person who attaches sentimental value to everything from seashells and matchbooks to stained bibs and hospital bracelets, this can be stressful. But the sands of time grind away my sentimentality, and eventually, I end up chucking out mementos that I formerly believed to be too precious to part with.

As we prepare for our next military move to Rhode Island, I'm reconsidering items I thought were useful or nostalgic enough to haul around for so many years. For example, Aunt Millie's (may she rest in peace) old end tables, with the cigarette burns I thought I'd buff out one day, were relegated to the donate pile. Although I kept one file of my kids' artwork, anything with cracked macaroni or yellowing glue was

photographed and discarded. Similarly, clothing that has not been worn in the last five years -- except for my college duck boots which I hear are coming back into style -- has been delivered to Goodwill.

Some collections, however, get pared down with each tour, but are never completely discarded regardless of their current usefulness. For example, I've been adding to several tubs of old t-shirts for years, because someday, I WILL make each of my kids a t-shirt quilt before they go off to college. And, I have at least four boxes of old toys and books that WILL seed the fantastic playroom I envision for my future grandchildren. I WILL use that stuff someday, I swear.

And then there's the stuff I recently whittled down to one bottom file drawer. It contains documents that not only took years of hard work to assemble, but cost me over \$90,000 to acquire. When my husband and I first married in 1993, this collection was huge and took up at least a dozen boxes. But with every tour, the contents aged, became obsolete, and were thrown away.

Other than a few musty books which reside on our shelf just for show, the bottom file drawer now contains the only tangible evidence of my career as a litigation attorney.

The hanging folders in the bottom drawer have tabs inscribed with titles such as "Resumes,"

"Transcripts," "Licensing," and "Writing Samples." Even though none of these documents have been referenced since I quit working in the 1990s to raise our kids, I keep them all neatly filed in case I need them to land that six-figure offer partnership in a high-powered litigation firm one day.

Although I won't readily admit it, I know down deep inside that these old documents, now yellowed and stained with spots of rust from ancient paper clips and staples, will never realistically serve to supplement any future application for my employment. But I can't bring myself to throw them away, just in case.

Besides, the file drawers above contain my children's birth certificates, report cards, physical forms, the deed to our first house, mortgage documents, college savings statements, the dog's shot records, orthodontist's bills, car insurance policies, passports, tax forms, orders and other essential documents memorializing 20 years of life as a military family.

Like my college duck boots, the tub of t-shirts, and those old toys, my legal career will stay packed away a while longer. I WILL get to them eventually. In the meantime, I've got other, more important things to do.

*Get more wit and observations from Lisa at her blog, <http://themeatandpotatoes-oflife.com>.*

**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.

# Health Watch:

## How to refill your prescriptions at NBHC Gulfport

By HM3 Jessica Martin  
NBHC Gulfport

As a branch clinic, Naval Branch Health Clinic (NBHC) Gulfport Pharmacy faces space constraints that limit the amount of medication that can be stocked at one time.

This constraint limits the types of medications that the clinic can carry and distribute, which in turn prevents patients from being able to refill prescriptions on site.

In order to refill medication, patients are asked to call the refill line number, 888-513-4164, which is also located in the upper right hand corner on your prescription label.

Once connected to the automated system, patients must select the Gulfport option then enter their prescription number (the seven digit number following RXR located above the patient's name on the label).

Once a patient completes this process, the automated system provides a date that the prescription will be ready for pick up at Naval Branch Health Clinic Gulfport.

Refills are filled and sent to NBHC Gulfport from Naval Hospital Pensacola.

The refill process normally takes about five days, so patients are encouraged to call in refills at least one week prior to running out of medication.



## 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.*



# Focus on Education

## Coastline News

### COASTLINE OFFERS NEW HEALTH AND FITNESS DEGREE

Coastline Community College, a Navy Partnership Institution in Fountain Valley, Calif., has announced that a new Associate Degree in Health and Fitness is now available to active duty, spouses and dependents.

All course work is available on-line through the Internet. The degree is intended to prepare students for entry level positions in the Health, Fitness and Wellness Industry.

The degree also prepares students for transfer to Bachelor Degree Programs in the same areas. Some of the individual courses required include: Physiology of Exercise with Lab, Biology of Aging, Nutrition, Personal Fitness and Wellness and Contemporary Health Issues.

Additional information can be obtained from Dr. David Drye in the Navy College Office, building 60, room 239 or at 228-871-3439 or ddrye@coastline.edu.

### *Fleet and Family Support Center upcoming classes*

*New Navy Spouse class*  
May 14, 8:30 a.m. - 2:30 p.m.

*Smooth Moves* for all who are planning a PCS move

Sign up for these classes by calling 228-871-3000



### ASBVAB information from Personnel Support Detachment (PSD) Gulfport

The Armed Services Vocational Aptitude Battery (ASVAB) will be administered May 21. Request chits to take the ASVAB must be submitted to the Educations Services Officer by May 14. For more information, contact the ESO at 228-871-3248.

## DOD Summer Camp Experiences

### From Military OneSource

During the school year, it's easy to fill your children's schedules with activities - but what about during the summer? If your children are looking for something exciting to do, the Department of Defense (DoD) is here to help. Each year, the DoD provides summer camp opportunities for your children, giving them a chance to have fun, meet new people, and develop skills that will benefit them for years to come.

The DoD's Office of Family Policy partners with several universities to offer Teen Adventure Camps for military teens aged fourteen to eighteen. Through partnering with these universities, DoD is able to use the expertise of university faculty and staff and offer an amazing camp experience.

With more than forty camps across the country, there truly is something for everyone. Opportunities for your teens include

- ~ Sailing around Washington State's Puget Sound
- ~ Kayaking through the Florida Keys
- ~ Wilderness survival camp in Montana's Backcountry
- ~ Caving, rappelling, and rock

climbing expeditions in Kentucky

These camps are not limited to the summer either. If your teens already have their summer booked, they can participate in a winter survival camp in Washington State or New Hampshire.

The DoD also offers camps designed specifically for military youth and teens with special needs. These camps are focused on providing a safe and fun environment that takes into account the specific needs of participants. Depending on the format of these camps, age requirements for participants may vary.

To find out more about these camps, visit the Military Teen Adventure Camps website at:

[https://www.extension.purdue.edu/Adventure\\_camps/campshome.html](https://www.extension.purdue.edu/Adventure_camps/campshome.html)

For several years, the DoD has supported the Army's Operation: Military Kids program by funding camp opportunities focused on military children and youth going through the military family deployment cycle. Operation: Military Kids supports all military youth, regardless of Service branch, whose parents are deployed, deploying, or have recently returned from deployment.

Camps are offered across the

country and vary in their design and activities. Each camp is developed with the idea of providing participants with the necessary skills to navigate the deployment cycle. While fun is the most important aspect of these camps, another key aspect is bringing military youth together who may have had similar experiences and are able to share how they have dealt with these challenges. To learn more, visit the Operation: Military Kids Camps website at: <http://www.operationmilitarykids.org/public/EventDetail.aspx?ID=3729>

In addition, you can contact your installation youth programs to see what other unique summer activities are available for youth in their immediate area.

Contact information for youth programs is available through MilitaryINSTALLATIONS: <http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:>

In the "Looking for a specific program or service?" box, select "Youth Programs/Centers" from the dropdown menu.

Take advantage of the opportunities the military and its partners offer to enhance the lives of your military children.

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

### POOL HOURS

#### Monday-Friday

5:30 a.m.-8 a.m.  
Active Duty PT Swim (Active Duty Only)  
8 a.m.-12 p.m.  
Lap Swim  
12 p.m.-7 p.m.  
Open Family Swim/Lap Swim



#### Monday & Wednesday

11 a.m.-11:45 a.m.  
Water Aerobics/Lap Swim

#### Weekends and Holidays

9:30 a.m.-4 p.m.  
Open Swim/Lap Swim

#### Programs Offered

- Summer Swim Lesson
- Private & Semi-Private Swim Lessons
- Swim Club
- Stroke Refinement Sessions
- Family Fitness Classes

- Youth 15 and under MUST be with parent.
- Appropriate swimwear is required.
- USCG approved flotation devices only.
- No food or drink allowed.



## NCBC Gate Hours

### Pass Road:

24 hours, 7 days a week

### Broad Avenue:

5 a.m. - 5 p.m. Monday - Friday;  
9 a.m. - 5 p.m., Saturday, Sunday and  
Holidays

### 28th Street:

5 a.m. - 5 p.m.  
Monday - Friday and  
5 - 7 p.m., Outbound Only



FREE Movies at the Training Hall are Back!

Take a load off. Sit back and watch the big screen all by yourself for some

**Friday:** Beautiful Creatures, PG13, 6 p.m.; **Saturday:** Escape from Planet Earth, PG, 11 a.m.; Warm Bodies, PG13, 1:15 p.m.; Beautiful Creatures, PG13, 3:15 p.m.; Hansel and Gretel: Witch Hunters, R, 5:45 p.m.; **Sunday:** Escape from Planet Earth, PG, 2 p.m., Warm Bodies, PG13, 4:15 p.m.

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!

## For MWR program information 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

All eligible patrons welcome To include the Civilian Wellness Program

8 week Walk-Run program

**MWR Couch to 5K**

Join the MWR "Couch to 5K" fitness challenge. This 8-week program begins 13 May and finishes 12 July with a 5K run. Group workouts are Mon/Wed/Fri @ 11:30 at the track or stop by to get the 8-week workout so you can do it on your own.

MWR Naval Construction Battalion Center Gulfport						
MAY 2013						
						Phone: (228) 871-2538
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<ul style="list-style-type: none"> <li>MLB Pitch, Hit &amp; Run Baseball &amp; Softball Competition</li> <li>Strength/ Cardio; Water/ Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Torch Club &amp; New Comers Orientation</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Big Screen Movie Night &amp; Hologo</li> <li>Gulftport Premium Outlets</li> <li>Beautiful Creatures</li> </ul>	<ul style="list-style-type: none"> <li>Gulf Coast Exploration &amp; Imax Theater in Mobile, AL</li> <li>Escape from Planet Earth; Warm Bodies Beautiful Creatures; Hansel And Gretel; Witch Hunters</li> </ul>	<ul style="list-style-type: none"> <li>Ship Island Escursion</li> <li>Escape from Planet Earth; Warm Bodies</li> </ul>
<ul style="list-style-type: none"> <li>Before &amp; After-school &amp; Power Hour; 4-H Award Ceremony</li> <li>Strength/ Cardio; Water/Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Smart Moves Program &amp; Cineo de Mayo Fiesta</li> <li>Angry Bird's Night</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Mother's Day Arts &amp; Crafts</li> <li>Strength/ Cardio; Water/Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Soak Wars Snowdown &amp; Internet NetSmartz</li> <li>Ping Pong Tournament</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Big Screen Movie Night &amp; Popcorn</li> <li>Gulftport Music Fest</li> <li>A Good Day to Die Hard</li> </ul>	<ul style="list-style-type: none"> <li>Kangarooz Kidz Fun Center</li> <li>Gulftport Music Fest</li> <li>Escape From Planet Earth; Safe Haven; Parker</li> </ul>	<ul style="list-style-type: none"> <li>New Orleans Day Trip</li> <li>Escape from Planet Earth; Memo</li> </ul>
<ul style="list-style-type: none"> <li>Before &amp; After-school &amp; Power Hour</li> <li>Strength/ Cardio; Water/Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Indoor Snowman Making &amp; Rac Room Fun</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Weird Science Night: Tornado in a Jar</li> <li>Gulftport Dragway Trip</li> <li>Strength/ Cardio; Water/ Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Magic Milk Activity &amp; Outside Games</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Cinema by the Shore at the Gulftport Harbor</li> <li>Barracks Bash</li> <li>Identity Thief</li> </ul>	<ul style="list-style-type: none"> <li>Armed Forces Kids Run</li> <li>Bikini Beach Trip</li> <li>Escape from Planet Earth; The Impossible; Broken City</li> </ul>	<ul style="list-style-type: none"> <li>Cinemark Theater Trip</li> <li>Escape from Planet Earth; Side Effects</li> </ul>
<ul style="list-style-type: none"> <li>Before &amp; After-school Program; Summer Camp Begins</li> <li>Strength/ Cardio; Water/Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Triple Play Cooking Club; Homemade Gummy Worms</li> <li>Pool Tournament</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Let's Get Creative! Splatter Paint Night</li> <li>Strength/ Cardio; Water/Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Super Hero &amp; Princess Night! Make Your Own Cape or Tutu</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Big Screen Movie Night &amp; Popcorn</li> <li>Downtown Gulftport Dinner Dash</li> <li>Bullet to the Head</li> </ul>	<ul style="list-style-type: none"> <li>Lynn Meadows Discovery Center</li> <li>Mobile Bay Bears vs. MS Braves</li> <li>A Haunted House: The Last Stand; Stand Up Guys</li> </ul>	<ul style="list-style-type: none"> <li>Gulf Island Water Park</li> <li>Beautiful Creatures; Hansel and Gretel; Witch Hunters</li> </ul>
<ul style="list-style-type: none"> <li>Program Closed for Memorial Day</li> <li>Strength/ Cardio; Water/Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Summer Camp: Stamp Making; Night Will Challenge &amp; Teah Fun</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Summer Camp: Image Makers Photography; Optical Illusions</li> <li>Yoga &amp; Cycling</li> <li>Strength/ Cardio; Water/Low Impact Aerobics; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>Summer Camp: Summer Break Celebration; Outdoor Water Games- Oatmeal</li> <li>Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>Summer Camp: Big Screen Movie Night &amp; Nachos</li> <li>Edgewater Mall Trip</li> <li>Escape from Planet Earth</li> </ul>		<ul style="list-style-type: none"> <li>Youth Activities</li> <li>Liberty</li> <li>Fitness</li> <li>Free Movie</li> </ul>

# NCBC Helping Hands volunteer opportunities

**RAMP FOR DISABLED CHILD** - There is an urgent need for three volunteers to construct an ADA compliant ramp in Gauthier for a child with disabilities. If you can help, please contact Cynthia Singletary, 228-388-2401 or singletary.life@gmail.com.

**USO GULF COAST** - The USO Gulf Coast needs 14 - 16 volunteers to work at the USO information at the Gulfport - Biloxi International Airport. The desk will be staffed seven days a week between 8 a.m. - 6 p.m. Volunteer shifts will be five hours long (8 a.m. - 1 p.m. and 1 p.m. - 6 p.m.) Volunteers are responsible for greeting guests, directing them to the USO lounge and answering general questions about local hotels, restaurants, casinos, and events in the area. Register at [www.usovolunteer.org](http://www.usovolunteer.org).

**NORTH GULFPORT 8th GRADE PROCTORS** - North Gulfport 8th Grade, 4715 Illinois Avenue, Gulfport is looking for test proctors for May 14, 15 and 16. To volunteer, please contact Sherry Johnson, 228-864-8944 or Shejohnson@harri-

son.k12.ms.

**PASS CHRISTIAN BOYS & GIRLS CLUB SOFTBALL BENEFIT** - Four volunteers are needed to serve as umpires at the "Bases Loaded for Boys and Girls Club Adult Co-ed Softball Tournament," May 4. The tournament will be held at Klondyke Road Fields, Long Beach.

Teams are also welcome - fee is \$150 per team. Parties interested in volunteering or entering a team can contact Leah Ladner, Balfour Beatty Communities, 228-863-0424 or lladner@bbcgrp.com.

**RESTORE COASTAL ALABAMA PARTNERSHIP** - Restore Coastal Alabama Partnership needs volunteers May 4, 8 a.m. - 4 p.m. to deploy interlocking 35-pound blocks to finish Pelican Point Living Shoreline which is near the mouth of Weeks Bay in Baldwin County, Ala. Once constructed, the reefs will protect the adjacent shoreline and enhance habitat for fish, shellfish and birds, providing opportunities for fishing, bird watching and sightseeing from land, kayak or boat.

Volunteers will meet at Pelican Point, Baldwin County, Alabama, near the mouth of Weeks Bay, 10299 County Road 1, Fairhope, Ala.. To volunteer, contact Kandice O'Grady at volunteer@100-1000.org or 251-990-6002 or sign up at <http://100-1000.org/pelican-point-living-shoreline-volunteer-sign-form>.

**LONG BEACH SCHOOL DISTRICT** has requested proctors for the May State tests. Contact Christ Spinks at 228-864-1146 if you can help out.

**PASS CHRISTIAN MIDDLE SCHOOL** - PCMS is asking for volunteers to serve as proctors and hall monitors during testing May 14-16. Mandatory training for volunteers will take place May 9 at 3:15 p.m. and May 10 at 8 a.m. To volunteer or for more information, contact Tisha Posey, 228-452-5220 or [Tposey@pc.k12.ms.us](mailto:Tposey@pc.k12.ms.us).

**ORANGE GROVE ELEMENTARY** Orange Grove Elementary, 11391 Old Highway 49, Gulfport is in need of six volunteers May 1, to serve as test pro-

ctors and 35 volunteers, May 14, 15 and 16 to serve as proctors. Volunteers are asked to report to the school by 7:30 a.m. Contact Stephanie Schepens, 228-365-0204 for details.

**WEST HARRISON HIGH SCHOOL** West Harrison High School, 10399 County Farm Road, Gulfport, is in need of 13 volunteers to assist in proctoring and monitoring the hallways May 6-10 and May 13 from 7:15 a.m. - 3 p.m. (possibly earlier), during the administration of the MS SATP tests. Volunteers should dress comfortably as they will be walking and standing the majority of the time. If interested, please reply to Julie Hadley [jhadley@harrison.k12.ms.us](mailto:jhadley@harrison.k12.ms.us).

**CENTRAL ELEMENTARY SCHOOL** Volunteers are needed to serve as proctors at Central Elementary School, 1043 Pass Road, Gulfport, for state testing May 14 - 17. If you are able to help, please contact Jessica Mitchell at [jessica.clincy@gulfportschools.org](mailto:jessica.clincy@gulfportschools.org) or 228-865-4641.

**FIELD DAY VOLUNTEERS** - Bel-Aire El-

ementary School, 10531 Klien Road, Gulfport needs 40 volunteers to help out at their Field Day May 17, 7 a.m. - 2:30 p.m. Volunteers will assist with running the games, helping out at the concession stands and supervising. Send an email to [ctclemons@bellsouth.net](mailto:ctclemons@bellsouth.net) for details.

**2013 SPECIAL OLYMPICS** - NCBC Gulfport will host the Area 3 2013 Special Olympics Saturday, June 8. Games will be held outside of the Fitness Center, near the softball fields, and will begin following a 9 a.m. opening ceremony. An awards ceremony will happen immediately after the games conclude. A minimum of 200 volunteers are needed to set up, register and accompany the athletes, cheer them on and tear down the site. Volunteer request forms will be available on each Command Quarterdeck and will be collected May 24. Uniform for military volunteers: Service PT gear; civilians: appropriate athletic attire. Please direct inquiries to MCC Ryan Wilber, 228-871-3663 or [ryan.wilber@navy.mil](mailto:ryan.wilber@navy.mil).

## Seabee Memorial Chapel



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

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

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

**Weekday Catholic Mass: Tuesday, 11:15 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 Bible Study is held Wednesdays at 11 a.m. at the Seabee Memorial Chapel. Free child care is available. For more information on all offerings that are available, contact the chapel at 228-871-2454.

### 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 ur-

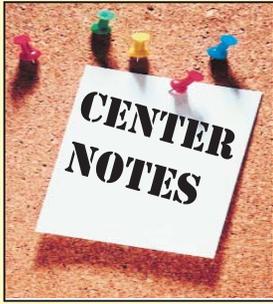
- gent! If replies put you at risk, text "STOP"
3. Begin dialogue

#### 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.*





## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit [www.facebook.com/nmcb11frg](http://www.facebook.com/nmcb11frg) or email us at [nmcb11frg@gmail.com](mailto:nmcb11frg@gmail.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 [nmcb74fsg@yahoo.com](mailto:nmcb74fsg@yahoo.com) or visit our Facebook page at

"NMCB74 Fearless FRG" for details. **NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or email [NMCB133fsg@gmail.com](mailto:NMCB133fsg@gmail.com). Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

### FOCUS

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

### Gulfport Officers' 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](mailto: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. If you are interested in joining an organization that promotes the health and welfare

of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsofamerica.org](http://www.navywivesclubsofamerica.org) for more information on NWCA..

### NMCRS

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Sneed 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 more 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 more information.

### SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

### NCBC Multi-Cultural Diversity Committee

is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 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 info.

### VFW Post 4526 Orange Grove

is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

### NMCB 62 Alumni Group

Naval Mobile Construction Battalion

(NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

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

### Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport

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

### HERITAGE

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., 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.seabeeemuseum-store.org](http://www.seabeeemuseum-store.org) or call the gift shop at 228-871-4779 for information on all that is available.

From **EARNED** page 3

campaign promotes responsible decisions by focusing on how much Sailors have accomplished during their careers with the Navy-therefore highlighting how much they have to lose.

"The majority of Sailors we spoke with listed loss of pay, rank and other privileges as the most significant consequences of alcohol abuse," Favorite said, discussing the decision to focus messages on the achievements in a Sailor's career. "These consequences not only impact Sailors' individual careers but threaten the overall force readiness of our Navy."

NADAP offers three suggestions to Sailors to have fun and drink responsibly:

1. Plan ahead for a safe ride home.
2. Don't try to "keep up" with your friends or shipmates.
3. Know your limit, before you get there.

Sailors from the Jacksonville-Mayport-King's Bay, Fla., region will also be featured in campaign materials and had the opportunity to provide feedback on a poster series reflecting five fleet communities: aviation, expeditionary, medical, submarine and surface.

"We had an overwhelming response of enthusiasm from our Sailors when we requested their help, as they were grateful to take part in the development of such an important effort," said Cmdr. Jay Clark, USS Roosevelt (DDG 80) executive officer. "It was great to see how the campaign's im-

agery represented each of the unique roles our Sailors serve in as part of the Navy, from medical corpsmen to aviation pilots."

Favorite said the campaign could not have been developed without help and cooperation from across the fleet, and NADAP looks forward to engaging Sailors as partners in creating a culture of responsible drinking in the Navy.

"This is truly a campaign for Sailors, by Sailors," Favorite said. "We travelled across the country to hear your ideas, and we're excited to bring them to life through our materials and messages."

For more information on how you can support the Navy's efforts to encourage responsible drinking among Sailors, visit [www.nadap.navy.mil](http://www.nadap.navy.mil).

## DAPA Corner

Risks of Alcohol Use . . . Did you know that 21 - 34-year-old drivers comprise approximately half of all the drunk driver involved in alcohol-related fatal crashes?

- ~ They're responsible for more alcohol-related fatal crashes than any other age group.
- ~ They're more likely than any other age group to have been intoxicated at the time of the crash.
- ~ They have the highest blood alcohol concentrations (BACs) in fatal crashes.
- ~ They're about twice as likely as other drivers to have experienced a prior crash.
- ~ They're four times more likely to have had their licenses suspended or revoked.
- ~ They're the most resistant to changing their drinking and driving behavior.
- ~ Posthumous testing reveals these drivers to have consumed almost twice the alcohol needed to reach the legal limit for intoxication.

For information on the Navy's drug and alcohol policies and programs, please contact your Command DAPA.