

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 54 No. 32

Naval Construction Battalion Center, Gulfport, Mississippi

August 14, 2014

NMCB 1 AP returns to Gulfport



Joyful welcomes such as this were the order of the evening as family members and friends greet members of Naval Mobile Construction Battalion (NMCB) 1's advanced party upon their return to Gulfport, Aug. 9. The battalion will continue to return from its six-month deployment to Japan and several other countries in the Pacific area of operations over the next few weeks. (Photo courtesy of NMCB 1 Family Readiness Group/Released)

Impressive turnout at inaugural V2C job fair

By Rob Mims
NCBC Public Affairs Officer

More than 110 active duty service members and veterans attended a "first of its kind" Veterans 2 Construction job fair sponsored by Alabama Associated Builders and Contractors and the Associated General Contractors, and hosted by the Fleet and Family Support Center Aug. 6 on board the Naval Construction Battalion Center.

"We had a great turnout," said Judy Bradshaw, Work and Family Life Supervisor at FFSC. "The vendors were pleased with the number and caliber of attendees."

The 35 construction specific companies were so impressed with the attendees, 32 individuals were offered jobs on the spot and more

than 344 follow up interviews are now planned. That means that attendees had more than one company looking at them.

That high number can be attributed to having many companies under one roof looking for the skills Seabees bring to the table. As this type of job fair is new, those skills really impressed the companies; most were new and had not attended previous job fairs held on base.

"The vendors were very interested in learning about Seabees and extremely pleased with the experience they portrayed," Bradshaw said. "I spoke to one of the vendors out of Louisiana. This employer stated that in fact he has hired 80 Seabees in the past two years finding these employ-

See **V2C** page 5



A recruiter discusses career paths with service members during the Veterans 2 Construction (V2C) job fair on board Naval Construction Battalion Center Gulfport, Aug. 6. The Associated Builders and Contractors and the Associated General Contractors from Alabama, Georgia and Mississippi sponsored the event in partnership with Fleet and Family Support Center (FFSC). Plans are underway for a second job fair later this year. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



NCBC Housing Yard Sale

Aug. 16

8 a.m. - 1 p.m.

Place items for sale in front yard. To post advertisement of your yard sale on Facebook, email lladner@bbcgrp.com

New Installation Energy Manager targets base energy consumption



NCBC Gulfport's new Installation Energy Manager, Jason Poe, checks the thermostat to see if it matches the required set point according to the Navy's energy consumption baseline. Poe has been on board for six weeks. His job is to reduce NCBC's energy and water consumption in accordance with government mandates. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

NCBC
Commanding Officer
Capt. Paul Odenthal
Public Affairs Officer
Rob Mims
Courier Staff
Editor
Bonnie L. McGerr
Mass Comm. Specialist
MCCS(SCW/SW)
Jeffrey Pierce
Mass Comm. Specialist
MCC(SCW/SW/AW)
Ryan G. Wilber
Special Contributors
UTCN Alicia Fluty
BUCA Elizabeth Mills

By BUCA Elizabeth Mills
NCBC Public Affairs

Public Works Department on board Naval Construction Battalion Center (NCBC), Gulfport has a new Installation Energy Manager. His name is Jason Poe. Poe has been on board for six weeks now. His job is to reduce the installation's energy and water consumption in accordance to government mandates.

According to Poe, the Navy has set a goal to reduce overall energy consumption by 50 percent by 2020 with respect to their 2003 energy consumption baseline.

This is accomplished through the development and funding of energy and water reducing projects, maintaining heating and cooling set points, ensuring proper maintenance on energy consuming equipment, and educating personnel on energy and water saving strategies.

Prior to taking the position here at NCBC he worked for the Air Force Civil Engineering Center Headquarters at Tyn-dall Air Force Base near Panama City, Fla. He was a program manager in charge of a \$20M energy audit program that deployed contractors to perform level two energy

audits at 64 Air Force installations in the United States and around the globe.

Before that, Poe worked as an energy engineer contractor and a resource efficiency manager for Naval Air Station Pensacola, Fla.

"So far I am enjoying working on the Seabee base. I feel somewhat privileged to work on one of only two construction battalion bases in existence. I've always worked on air stations for the Navy and the Air Force. It's kind of nice not to near planes flying overhead throughout the day," said Poe.

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone, 228-871-3662, email: seabeescourier@navy.mil.

Keep What You've Earned

Have you downloaded the Keep What You've Earned mobile app? There are several resources included in the mobile app, including a BAC calculator to help track your drinking in real life. You can search "Keep What You've Earned" in your iTunes or Google Play Store to download the app.

It's National Thrift Shop Week Aug. 18 – 22

Look for the NMCRS Thrift Shop Sign that will be placed in a different location every day across the base during National Thrift Shop Week. Be the first person to locate the sign and call our office at (228) 871-2610 to receive \$5 in Thrift Shop Bucks!



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

Safe Helpline
Sexual Assault Support for the DoD Community

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.SafeHelpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.

Feds Feed Families

Your participation makes a difference!



NCBC food donations as of Aug. 14:
4,668 pounds!

NCBC donation drop off locations:

NEX, Chapel, Commissary, Housing Fleet and Family Support Center, All Quarterdecks, Medical/Dental, Liberty Center

FFF campaign runs through August

Points of contact:

Lt. Cmdr. Roy: 720-466-9746 or charles.roy@navy.mil and BU3 Falls: 228-871-2454 or erin.falls@navy.mil



Builder 2nd Class Adam Merrill, assigned to Naval Construction Group Two, checks an ID of a base resident entering Pass Road gate on board Naval Construction Battalion Center (NCBC) Gulfport, Aug. 11. The new gate hours for the Pass Road gate are 24 hours a day, Broad Avenue gate 6 - 8:30 a.m. Monday – Friday, 28th Street gate 6 a.m. – 3 p.m. (inbound) and 6 a.m. – 6 p.m. (outbound). Broad Avenue and 28th Street gates are closed weekends and federal holidays. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Members of the Naval Construction Battalion Center community are pictured with McGruff the Crime Dog at National Night Out (NNO) on board NCBC, Aug. 5. Events such as NNO, allow neighbors to gather and determine what can be done to keep their neighborhoods safe. The annual block party, hosted by Balfour Beatty Communities, featured booths representing base security, family readiness groups, home base businesses, local organizations, refreshments, games and give-a-ways. (Photo courtesy of Balfour Beatty Communities/Released)



Sailors gather at the pole field training area below them, as Lt. Cmdr. Sherry Siegfried, right, NCBC staff judge advocate, administers the oath of enlistment to Construction Electrician 3rd Class Nicole Lopez while aloft in a bucket truck on board Naval Construction Battalion Center (NCBC) Gulfport, Aug. 8. Lopez, the Blue Jacket of the Quarter for the third quarter of 2014, reenlisted for three more years in the U.S. Navy. Lopez works as a customer service assistant and legal clerk for Region Legal Services Office Southeast. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

August Fire Safety message

Ah, football season is upon us! Don't let a kitchen fire ruin a good football party. Unplug crock pots and other cooking appliances when finished cooking and do not leave cooking on the stove unattended. Cooking fire are the number one cause of fires in the home. So, remember these simple tips, and enjoy the football party!



New to military family housing?

Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel

on the first and third Wednesday or the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.



NCBC's Family Readiness Groups fight stereotypes

By UTCN Alicia K. Fluty
NCBC Public Affairs

Enduring friendships, satisfaction of helping others and a sense of pride are all positive results of belonging to a Family Readiness Group (FRG) is how Commander, Navy Installations Command's (CNIC) website describes what it is like being part of a FRG.

FRGs are a non-profit organizations designed to offer social and emotional support to spouses and families of Sailors in the command, as well as provide information to families before, during and between family separations, deployments, extended tours of temporary duty and field training.

"The FRG provides ac-

tivities such as fundraisers, family outings, monthly get-togethers, meetings where they can get information about upcoming events not only with the FRG but in the command," said Naval Mobile Construction Battalion (NMCB) 1 FRG President Jenny Richter.

Richter expressed that even though the FRG is geared toward families and spouses of Sailors, the group tries to provide special events for everyone in the command. Sailors and their family members, as well as civilians associated with the command and its personnel can join the command FRG.

"For instance, this deployment we made goody bags for those deploying whether they had families in the

FRG or not, or if they were single or married," Richter said. "The bags include a variety of snacks, toiletries, and handwritten notes of encouragement and gratitude from families of the command."

According to NMCB 11's FRG president Michelle Barkley, the purpose of the FRGs is to provide an avenue of mutual support and assistance between the family members, to increase the resiliency and well-being of Sailors and their families and also to enhance preparedness and command mission readiness through a network of communications.

The FRG presidents said their groups meet once a month to share information about upcoming fundraisers, to allow families to ask questions about upcoming trainings or other things that go on in the command that they would like clarification. They also help prepare families for separations, plan homecoming events, have fun and bring people together.

"We have had a beginning of summer carnival. We have done a car wash. We have had a wreath making craft event. We have had monthly play dates and we have also held a few fundraisers" Barkley said. "With the funds raised, we had a



Family Readiness Group (FRG) members from Naval Mobile Construction Battalion (NMCB) 1 pause for a group photo during their monthly meeting at the Youth Activity Center on board Naval Construction Battalion Center Gulfport, Aug. 11. FRGs meet once a month to share information about upcoming fundraisers, allow families to ask questions about upcoming training, plan homecoming events, give family members a place to meet other members and to have fun. (U.S. Navy photo by Jenny Richter/Released)

back to school giveaway to help with the school supplies."

According to Richter and Barkley, FRGs are often seen as a gossip session for unhappy spouses. They said they have been working hard to break the stereotype that has been set in the past and would love to be able to change the connotation of the FRGs. The FRGs' presidents hope that everyone can put aside any feelings they have had about the FRG in the past and just attend one meeting or event to see that the FRG is not a horrible place to be but a very supportive group willing to help and provide support in so many ways.

There are leadership positions available within the

FRG as well. Any spouse of a service member in a unit who is willing and able to lead the efforts of the FRG can serve as FRG leader.

The unit's commanding officer may select the leader, or the leader may be elected by the FRG members. Either way, the unit's commanding officer prepares and signs appointment orders for the selected leader who will need to obtain the proper training.

For more information regarding the FRGs, contact NMCB 1 FRG President Jenny Richter at nmcbonefrg@gmail.com, NMCB 11 FRG President Michelle Barkley at nmcb11frg@gmail.com and NMCB 133 FRG President Jaime Royal at NMCB133fsg@gmail.com.



Members of Naval Mobile Construction Battalion (NMCB) 1's Family Readiness Group place signs along the road near the base entrance to welcome NMCB 1 Seabees back home from deployment, July 28. (U.S. Navy photo by Jenny Richter/Released)

End of Summer Bash



Service members and their families enjoy rides and games at the End of Summer Bash at Ladd Circle park on board Naval Construction Battalion Center Gulfport, Aug. 8. The annual



celebration featured free food and fun, was sponsored by Morale, Welfare and Recreation. (U.S. Navy photos by Utilitiesman Constructionman Alicia K. Fluty/Released)

Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

"How well do our MWR facilities serve the base"



"Pretty well. I have a lot of friends that have kids who use it a lot."

BU3(SCW) Amanda Hollister
Duty Station: NCBC Gpt
Hometown: Auburn, N.Y.



"It's great for people who want to see a movie and play newer games that have just come out."

EOCN Kia Skinner
Duty Station: NCBC Gpt
Hometown: Stuart, Fla.



"I serve at MWR with NMCB 11 and it is a pretty good business. We sell a lot of items and it's really fun."

UTCN(SCW) Benjamin Thompson
Duty Station: NMCB 11
Hometown: Lexington, S.C.

7th Naval Construction Regiment relocates to new home in Gulfport



Capt. Gary Rouse, commander, 7NCR, addresses the final formation in front of the regiment's headquarters at Naval Station Newport, Aug. 1, during a ceremony marking the unit's relocation to Gulfport, following 45 years in Rhode Island. (Photo courtesy of Lisa Woodbury Rama/Released)

By Lisa Woodbury Rama
NAVSTA Newport Public Affairs

A final formation of Naval Station Newport, R.I.-based 7th Naval Construction Regiment (7NCR) Seabees took place Aug. 1, in front of regimental headquarters as the unit officially closed down operations following an active presence in the Ocean State since 1969.

"I appreciate everyone coming this morning as we reflect on our time here in Newport before we transition to Gulfport," said Capt. Gary Rouse, commander, 7NCR.

"The unit has physically been here on Naval Station since 1994, and I recall 20 years ago as a lieutenant being a training officer in the building the Marines occupy now," Rouse said. "Newport has been a tremendous host command for us.

"It is with mixed emotions that we leave here but we are looking forward to the efficiencies that will be gained with our relocation to Gulfport," he added.

7NCR is relocating to Gulfport, Miss., effective Aug. 1. The move was made as

part of a plan to reduce the overall number of Reserve Component Naval Mobile Construction Battalions (RC NMCBs) from 12 to six, and relocate those remaining to one of the two Naval Construction Force concentration areas in Gulfport and Port Hueneme, Calif.

In addition to the regiment, local units NMCBs 14 and 27 have also relocated to Mississippi.

Capt. Douglas Mikatariian, Naval Station Newport commanding officer, also addressed those assembled.

"One of the great things about the base is the variety of commands we have here. We have been happy to have 7th NCR here and wish you all the best as you move onto Gulfport," Mikatariian said.

Naval Station Newport is the Navy's Center of Learning Excellence and home to more than 50 Navy, Marine Corps, Army Reserve and Coast Guard commands, including the U.S. Naval War College, Surface Warfare Officers School Command, Officer Training Command Newport and the Senior Enlisted Academy.

From **V2C** page 1
ees to be excellent role models through their high work ethics and skilled performances."

For those people who could not make this event, organizers are already planning for another Veterans 2 Construction job fair sometime in the fall which may become a regular occurrence as organizers want to create

a permanent pipeline for separating military service members to enter the construction industry.

According to the Veterans 2 Construction press release, "the Veterans-2Construction program will help veterans find meaningful, construction related careers and serve as a key workforce development strategy for the construction industry."

NCBC Commissary Case Lot Sale Aug. 15 - 17



Sale items and expected savings percentage

Kraft Miracle Whip - 81%	Cheerios - 51%
Kraft Mayonnaise - 81%	General Mills Cinnamon Toast Crunch - 45%
Kraft Bbq Sauce - 75%	Kellogg Cereal On The Go - 49%
Snack Pack Pudding Cups - 38%	Charmin Bath Tissue 12 - 30%
Betty Crocker Cookie Pouches - 29%	Bounty Paper Towels - 30%
Top Ramen Noodles - 36%	Fruit 2 0 Water - 60%
Chow Mein Oriental Soup Bowl - 32%	Pringles Chips - 32%
Hunts Pasta Sauce - 44%	General Mills Chex Mix - 47%
Gatorade Sport Drinks 12 Pack - 39%	Kibbles N Bits Dog Food - 36%
Hawaiian Punch Drink - 17%	Tidy Cat Pails - 28%
Nongshim Noodles - 24%	Angel Soft Tissue - 27%
Koolaid 6 Packs - 21%	Beneful Dog Food Dry - 36%
Caprisun Variety Pack - 46%	Purina Dog Chow - 33%
Minute Maid Juice Packs - 33%	Purina Cat Chow - 38%
Green Mountain K-Cup Variety - 31%	Cottonelle Bath Tissue - 41%
General Mills Honey Nut	Viva Paper Towels - 25%



Utilitiesman Constructionman Kyle Olbrysh assigned to Naval Mobile Construction Battalion (NMCB) 11 helps a fellow Seabee don his protective gear during a chemical, biological and radiological (CBR) drill. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)



Construction Electrician 3rd Class Malcolm Cunningham along with other Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 don protective gear during a chemical, biological and radiological (CBR) drill. This training is a part of NMCB 11 homeport training period, which heightens knowledge base, essential mobility skills and command readiness. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

Exercises prepare NMCB 11 for future deployments

By MC1 Michael C. Barton
NMCB 11 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 11 held their second Command Post Exercise (CPX) July 28 - Aug. 1, to test the battalion's readiness in the goal to become deployment ready.

NMCB's conduct multiple exercises prior to deployment, each one evaluating combat and construction

readiness and capabilities in contingency scenarios. CPX's focus on skills Seabees need to ensure the clear and concise flow of critical information to and from each company command post, allowing the chain of command to understand and react to situations quickly and efficiently.

"For the majority, this is their first CPX," said Engineering Aide 1st Class Keith Casey, exercise control group supervisor. "The trick

is to know when to turn that switch on, finding that battle rhythm. Knowing what to do and when to do it is the key to success out here."

The battalion's first homeport exercise, held at the beginning of June, focused on the training of specific watch stations within the company Command Posts and Combat Operations Center (COC). This exercise increased the challenge of combat scenarios with

24-hour operations. The exercise also focused on responses to chemical, biological and radiation (CBR) attacks, with all watchstanders frequently donning gas masks and protective suits for timed drills.

"CBR drills are the most memorable and valuable training I can think of," said Utilitiesman 3rd Class Bradley Krusiec. "You're hot and sweaty wearing all the gear, but you're not just learning how to save your own life.

You're learning to make sure the guy next to you is wearing it properly so he can help the next guy."

The battalion homeport training cycle includes three CPX's of increasing difficulty from July to September, each lasting a week. Training culminates in a multi-week Field Training Exercise (FTX) in October at Camp Shelby, Miss., where the battalion will be tested and certified by Naval Construction Group Two.

NMCB 4 deploys in support of Pacific

By Lt.j.g. Emily J. McCamy
Naval Construction Group 1 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 4 deployed in support of ongoing operations in the U.S. Pacific and 7th Fleet areas of responsibility, Aug. 5.

The battalion will serve throughout the countries of Japan, South Korea, Philippines, Cambodia, Timor Leste, Diego Garcia, with additional detachments in California.

"NMCB 4 is deploying to provide expeditionary construction [support] in order to demonstrate U.S. commitment, develop enduring relationships and improve host nation engineering capacity and infrastructure,"

said Cmdr. Jeff Lengkeek, commanding officer of NMCB 4.

While deployed, NMCB 4 is tasked with building projects such as warehouses, a teen center, generator facilities and other training and operational facilities across Pacific and Northern Commands to support Navy and Marine Corps installations.

"Our Construction Civic Action Detail (CCAD) sites in Cambodia, Timor Leste and the Philippines, are tasked with Theater Security Cooperation and community relations projects which include the building or improvement of schools, clinics, maternity wards and restroom facilities," said Lengkeek.

Theater security cooperation and community relations activities include a wide variety of activities performed during military exercises and training events which focus on relationship building with the host country.

They promote inter-operability with the coalition forces and provide U.S. forces with peacetime and contingency access.

"All of our deployed Seabees are focused on enhancing relationships with our partner nations," said Lengkeek. "At our CCAD sites in Cambodia, Timor Leste and the Philippines, we will focus on military to military partnerships through our projects and subject matter expert exchanges. Our goal is to demonstrate U.S. commitment and enhance public infrastructure while building local engineering capacity and strengthening U.S. and host country alliance."

Seabees have had a continual presence in the Pacific theater since their inception in WWII and have been performing similar missions supporting U.S. forces and developing relationships with partner nations in the Pacific for decades. region."

'Ernie's Bee' is safe and sound

NMCB 27 makes special delivery to Rhode Island Seabee Museum

By NMCB 27 Public Affairs

After a long and storied history, which began in 1942, Naval Mobile Construction Battalion (NMCB) 21 was decommissioned in September of 2013.

As a monument to the men of the battalion and to the entire Naval Construction Force, members of NMCB 21, led by a steelworker chief named Ernie Cotilus, volunteered their own time and resources to build a bee sculpture to stand watch at the entrance to the battalion's headquarters in Lakehurst, N.J.

The bee sculpture, which represents the fighting spirit of the Navy as well as the "we build, we fight" motto of the Seabees, is a piece of history, and as such, the members of NMCB 21 were proud to donate the statue to the Seabee Museum and Memorial Park in Davisville, R.I.

However, because the statue was not removed until just before NMCB 21 was decommissioned, and because of complicated logistical requirements necessary for this movement, it was not possible for NMCB 21 to transport the structure to its permanent home in Rhode Island. Instead, the sculpture was placed into storage in Allentown, N.J.

This is where NMCB 27 stepped up to help transport the Bee. NMCB 27, which is



Seabees assigned to Naval Mobile Construction Battalion 27 transport "Ernie's Bee" to its new home. The convoy passed through five states before reaching its final destination, Seabee Museum and Memorial Park in Davisville, R.I. (U.S. Navy photo courtesy of NMCB 27/Released)

headquartered in Westover, Mass., is made up of many members of the former NMCB 21. Their technical knowledge, combined with their personal connection to their former battalion made them logical candidates to retrieve the Bee from storage and transport it to the museum in Davisville.

The task was complicated by the fact that NMCB 27 was in the midst of its own training evolutions and simultaneously moving from its Massachusetts headquarters to its new home on board Naval Construction Battalion Center Gulfport.

The Bee relocation included 50 man hours of preplanning, administrative and logistical preparation, as well as three days of travel for the six Seabees who made up the transport team.

The convoy began by traveling from Massachusetts to

Allentown, N.J. where the Bee was loaded and transported to its permanent home in Davisville.

During the transport, the convoy passed through five states, and a different oversize load permit was required in each one. Additionally, the drivers had to plan movements to minimize interference with local traffic, which, as millions of drivers can attest, can be extremely slow along the northeast corridor from New Jersey to Massachusetts.

Through careful planning and a continuity of Navy pride, as well as a shared sense of history that transcends the decommissioning of NMCB 21, "Ernie's Bee" was successfully delivered to its final sanctuary at the Davisville Seabee Museum, where it will continue to stand tall in remembrance of NMCB 21, the "blackjack" battalion.



"Ernie's Bee" at its original location on board Naval Mobile Construction Battalion (NMCB) 21 Joint Base McGuire-Dix, Lakehurst, N.J. Pattered after the famous Seabee logo, the NMCB 21 Bee is the product of Seabee veteran Chief Steelworker Ernie Cotilus. The Bee was fabricated by Cotilus at his home. He then transported individual sections of the Bee to Lakehurst where it was assembled on its support pedestal. (U.S. Navy photo courtesy of NMCB 27/Released)

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE_HOTLINE@navy.mil

RACE ENGINES, DIRT BIKES, ATV's, CIGARETTE BOATS, ZODIACS
Are you up to the challenge of hard work and repairing unique SOF equipment?

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



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

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

WE BUILD ★ WE FIGHT
SEABEE Online
United States Navy
OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

Focus on Education



Builder's 3rd Class Victoria Haley, Mark Wallace, Daniel Blound and Paul Theile, assigned to Naval Mobile Construction Battalion (NMCB) 133, work together to paint classrooms and furniture at West Elementary School in Gulfport. (U.S. Navy photo/Released)



Construction Electrician Constructionman Apprentice Reese Culberson, assigned to Naval Mobile Construction Battalion (NMCB) 133, applies the finishing touches of primer to a classroom wall at West Elementary in Gulfport. A small number of Seabees from NMCB 133 remain at the battalion's permanent duty station during deployment. While in homeport, they help maintain the unit's personnel affairs and facilitate communication with family members in support of Seabees deployed to various locations in Europe, Africa and the Pacific. (U.S. Navy photo/Released)

NMCB 133 Seabee volunteer to make improvements to local school

By MC1(SW) Cliff Williams
NMCB 133 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133, recently took advantage of an opportunity to help their local-sponsored elementary school.

Fifteen Seabees from NMCB 133 volunteered to paint several classrooms at West Elementary School, located a few minutes from

Naval Construction Battalion Center Gulfport.

With paint brushes, rollers and rags in hand, the Seabees started much needed renovations in the school's classrooms.

"Honestly, we just wanted to do something to help out the school," said Builder 3rd Class Paul Theile. "We always want to help the community as much as possible, and sponsoring this school has been a great way to do it."

A small number Seabees from NMCB 133 remain at the battalion's permanent duty station during deployment. While here, they help maintain the unit's personnel affairs and facilitate communication with family members in support of Seabees deployed to various locations in Europe, Africa, and the Pacific.

"With all the great things our Seabees are doing in remote locations, it feels good to do something

at home that helps out other people, especially when that thing helps little children have clean and presentable classrooms," said Religious Program Specialist 3rd Class Jacob Valle. "We hope to do more in the future and not limit those things to just the West Elementary School."

It was a long two days. The Seabees started off clean, but at the end, their jeans were stained; their shirts were a little more

dingy; their hats wet from perspiration, and their smiles were a whole lot wider.

NMCB 133 has been sponsoring the school for the past five years, during which the Seabees have participated in study sessions with students and helped them celebrate at sports days and other events. The battalion is making plans to increase its future volunteer time with the school.

Coastline fall registration ends Aug. 19

Registration for Coastline Community College's Fall "A" term is now open until Aug. 19. The Fall "A" term is Aug. 25 - Oct. 19. Contact Dr. David Drye, 228-871-3439. DDRYE@COASTLINE.EDU or visiting the Navy College Office in Building 60, room 239 for details.

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

Higher Education Workshop

Two day workshop designed to guide you on:

- ~ Choosing a degree program and a college institution
- ~ Understanding funding issues
- ~ Evaluating military credits
- ~ Completing the admissions process



Fleet and Family Support Center
Aug. 19 - 20, 8 a.m. - 4 p.m.

Call 228-871-3000 to register - This workshop will help military retirees or separating service members planning to see higher education.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Going overboard: Can old dogs learn new tricks?

"How do I look?" my husband asked, putting his hands on his hips and strutting down the marine supply store aisle snugly strapped into a new life vest. As if he was on a runway in Milan, he stopped, pivoted, and looked at me with a "come hither" stare.

"You'll be the envy of everyone in our sailing class," I lied.

Along with our new life jackets, we bought sailing gloves, non-marking deck shoes, sunglasses straps, waterproof phone pouches, and a humongous chart of the entire Narragansett Bay. At home, we assembled the rest of the recommended sailing apparel: hats, quick dry shorts, breathable collared shirts, waterproof watches, and gadgetry like pocket knives and compasses that would never see the light of day.

We had no idea how to sail, but Goshdarnit, we were going to look the part.

Besides, when military folks like us move somewhere new, we try our best to experience the local customs. Before the end of our tour of duty in Rhode Island, we will guzzle gallons of "chowdah", stuff ourselves with "stuffies" (stuffed clams), and learn to love "lobstah" rolls. We will hike rocky coastlines, wade through cranberry bogs, and snap photos of squatty lighthouses. We might even start saying things like, "Hey, I have an idear . . . let's go downcity for a gagga and a beah." (Locals' way of suggesting hot dogs and beers in Providence.)

And in a state like Rhode Island, where there are more boats than human beings, we must learn how



to sail.

Last week, we showed up at the Naval Station Newport Base Marina on the first night of Basic Sail Training Class, with naive visions of cruising on the Narragansett Bay in a 40-footer named something like "Moon Dancer," my husband at the helm in his polo sweater, and me lounging in the cockpit with a glass of chardonnay like Jackie O.

About 20 of us – mostly middle-aged with a smattering of 20-something single sailors -- mustered on the deck of the tiny marina office. We sized each other up while we waited for the instructors to show.

One by one, the volunteers appeared to give us instruction. They were all older, seasoned gentlemen, one of which smoked a calabash pipe and seemed the incarnation of Hemmingway's Santiago from *The Old Man and the Sea*.

They broke us into smaller groups, and after discussing rigging, points of sail, knots and right of way, our minds were swimming with new terminology. Clew, Cleat, Cunningham, Close-hauled. Halyard, Heel, Helm, Hull. Batten, Beating, Boom, Beam-reach, Leeward, Leech, Luff. Starboard, Stern, Spreader. Shackle, Shroud, Sheet.

By the end of the first night, the only term I could remember was "S.O.S." I wondered, After 20 years as a Navy wife, am I too old to learn something new?

Our next lesson was "on the water," but thanks to torrential downpours, it was more like a reenactment of "The Perfect Storm." Although I had faithfully read my instruction manual and practiced my square knots, cleat hitches, and bowlines with a length of rope while watching "Deadliest Catch," my waterlogged brain went blank when I took the helm.

I yelled "Jibe Ho!" while tacking, I shouted "Helms-a-lee!" while jibing, I let my sails out while close-hauled, I sheeted the sails in on a broad reach. And during the man overboard drill, I ran right over the floating dummy.

My husband and I thought our instructors might ban us from the marina, but interestingly, they kept showing up to teach us, and eventually, we learned to sail.

Sure we went a little overboard with our sailing attire, and we had to let go of our dream of Kennedy-esque yachts, Egyptian cotton sweaters and fine wines. But my husband and I are now qualified to rent a small boat from the base marina, and sail like real Rhode Islanders.

We may not be salty, but there's no denying it: these old dogs have learned a new trick.

Get more wit and observations from Lisa at her blog: <http://www.theme-atandpotatoes-oflife.com>. Follow Lisa @MolinariWrites

Health Watch

Did You Know? DEA places new restrictions on pain management drug

By Jason Bortz
Public Affairs Officer
Naval Hospital Pensacola



Beginning Aug. 18, new restrictions will apply to tramadol prescriptions. The U.S. Drug Enforcement Administration (DEA) has designated tramadol (Ultram®) as a schedule IV controlled substance.

Medications are designated as controlled substances based on their relative abuse potential and the likelihood of causing dependence when abused. Tramadol is a common medication used for the treatment of pain.

What this means to beneficiaries:

~ Prescribers and pharmacies will follow all applicable state and federal requirements for controlled substances when tramadol is prescribed.

~ Tramadol prescription will only be valid for six months from the date written. This includes any prescriptions written before Aug. 18. Previously, prescriptions for tramadol were valid for one year.

~ Refills remaining on prescriptions will not be valid if the prescription is older than six months or if the prescription has already been refilled

five times.

~ Prescriptions for tramadol may not be filled or refilled more than five times within a six month period.

~ The total quantity dispensed may not exceed a six month supply. For example: a prescription may be written for a 90-day supply with one refill or a 30-day supply with five refills.

~ Tramadol prescriptions will need to be written by a licensed provider with a valid DEA number.

For questions regarding tramadol prescriptions, please contact the Naval Branch Health Clinic (NBHC) Gulfport Pharmacy at 228-822-5783/5784.

Your NBHC Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account (www.relayhealth.com) to contact or follow-up with your provider.

Energy Savings Tip: Upgrade your shower head . . . Prior to 1992, many shower heads had flow rates of 5 1/2 gallons per minute or more. Replacing that old shower head can cut both water and energy use by 25 percent or more. The simple investment of \$10 - \$20 per shower head coupled with limiting shower time, can save you up to \$145 per year according to ENERGY STAR.



NCBC Helping Hands

RUN FOR YOUR HEART 5K - The WLOX "Run for Your Heart" 5k will be Aug. 15 at 6 p.m. through downtown Gulfport. They'll be set up at the corner of 13th Street and 24th Avenue (next to the old Post Office). Five to 10 volunteers are needed to help with set up and tear down from 3 to 7 p.m. If you are interested, please contact Megan Gray at 228-896-591 or just show up.

SUSAN G. KOMEN RACE FOR THE CURE - Multiple volunteer opportunities are available for pre-race and race day events: Aug. 16, 10 a.m. - 1 p.m. and 1 - 4 p.m. Belk Registration Drive, Edgewater Mall, Biloxi. Aug. 23, 10 a.m. - 1 p.m. and 1 - 4 p.m. - Belk Registration Drive, Crossroads Mall, Gulfport. Encouraging people to register for race and receive \$5 off their registration fee. Sept. 2, 10 a.m. - 2 p.m., Knight Non Profit Center, Seaway Rd., Gulfport. T-shirt folding/race packets. Sept. 3, 10 a.m. - 1 p.m. and Sept. 4, 4 - 6 p.m. Knight Non Profit Center, Seaway Rd., Gulfport: Team packet pick-up and advanced registration - Sept. 6 - Race Day - Jones Park, Gulfport: Many volunteers needed for various booths, events and tasks before, during and after the race. Point of contact for all volunteers is Tina Gabriel at tinagabriel@wellsfargo.com. Please note that signed volunteer forms are required. To register for the race, visit www.komencentralms.org.

SPECIAL OLYMPICS ON BOARD NCBC - Naval Construction Battalion Center (NCBC) is hosting a Special Olympics Aug. 23, 9 a.m. - 2 p.m., with a rain date of Aug. 30. The games will be held on the fields adjacent to the Fitness Center. Military or civilian volunteers are needed to ensure a successful event. Volunteers are needed to assist with setting up/tearing down event, escort athletes, run and coordinate games, and to register and score events. Two or more

volunteers with MTRV Cargo and/or Loader licenses to pick up, offload and set up equipment and generators are also needed. For more information or to volunteer, please email Senior Chief Mass Communication Specialist Jeff Pierce at: Jeffrey.j.pierce1@navy.mil.

CASA - Court Appointed Special Advocates (CASA) for children is looking for volunteers for a Superhero 5K and 1M fun run/walk Sept. 13, 8 a.m. at Florence Gardens, 12321 Preservation Drive., Gulfport. Point of contact for more information is Sidney Massey, 228-865-7078 or Sidney@casaharrisoncounty.org.

WAVELAND CITY PARK - Volunteers with construction experience are needed to build a roof over an existing stage in a city park in Waveland. This project will begin as soon as volunteers are in place. Supplies will be provided, but volunteers are asked to bring their tools. Point of contact is Susan Smith, Fleet and Family Support Center Gulfport, 228-871-3000, ext. 3640.

ADOPT A GRANDPARENT - Volunteers are needed to visit senior citizens Sept. 6 at either 10 a.m. or 3 p.m. in celebration of Adopt a Grandparent Day. Volunteers will visit the elderly in nursing homes and senior living facilities in Harrison, Hancock and Jackson counties. Volunteers may sign up at the United Way of South Mississippi Volunteer Center, volunteer.unitedwaysm.org, through Interfaith Partnerships or at www.marstonrogers.com.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet

Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

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

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

See Something Wrong, Do Something Right NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell, text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if

urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.

Seabee Memorial Chapel

Religious Services Sunday:

Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesday: 11:15 a.m.



NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

For more information about Chapel programs, please call the Chapel at: 228-871-2454

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

What's happening at the Chapel?

Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

Meetings:

Chapel Council meetings
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

Quarterly "State of the Chapel" meetings

The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The next meeting will be at 5 p.m., for approximately 30 minutes, Nov. 3.

AUGUST 15-21 MWR



Highlights

Aug 1 @ ITT – Saints Preseason Tickets on SALE!

Aug 15 @ Liberty & ITT Progressive Dinner!

MUDRUN SIGNUPS!



SATURDAY, OCTOBER 4TH @ 0630am
AT NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MS

FOOD
MUSIC
MILITARY
DISPLAYS

OPEN
TO
THE
PUBLIC

MEDALS
TSHIRTS

REGISTER ON WWW.ACTIVE.COM
For more information, Contact 871-2669

Downtown Gulfport Progressive Dinner Friday, August 15th

Appetizers!



Entrees!



Desserts!



\$37 for Liberty patrons

\$45 for ITT patrons

Shuttle departs at 5:30 pm

Take a delicious food tour through Downtown Gulfport in one great night!



Price includes only food at each restaurant!

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Teen Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	



NEW ORLEANS SAINTS TICKETS

\$15 preseason available
August 1st!

Tennessee Titans 8/15
Baltimore Ravens 8/28

Outdoor Recreation

NEW! 15 Speed Men &
Women's Bikes

Includes Bicycle, Helmet
& Safety Vest

BICYCLE RENTAL PACKAGE

\$5 Daily/\$15 Weekly

Reservation Required
Supplies Limited



CORE
45
CLASS
Tues &
Thurs

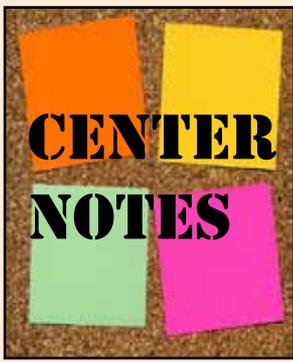
ZUMBA
CLASS
Mon &
Wed

WATER
AEROBICS
Class
Mon -Fri

CYCLING
CLASS
Mon -
Thurs

CARDIO
PUMP
CLASS
Tues &
Thurs

FOR MORE INFORMATION, LIKE US ON FACEBOOK, "NCBC MWR"



**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 Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

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 Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families OverComing Under Stress provides resiliency training to service members and their

families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focus-project.org

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@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc.

The Navy Wives Clubs of America, Inc., is interested in re-establishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9

a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

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

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a 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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

Miss. Gulf Coast First Class Association

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

NCBC Multi-Cultural Diversity Committee

is seeking members. Meetings are held weekly on

Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 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.

The Ladies Auxiliary to the VFW Post 3937 Long Beach

would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

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 Construc-

tion 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 information. **Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at 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.

HERITAGE

The Seabee Gift Store

is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.

**NCBC GULFPORT
SEABEE VOLKSLAUF
MUD RUN**

SATURDAY, OCTOBER 4 AT 8AM

**REGISTRATION BEGINS:
April 15 AT**

www.active.com

For more information, follow us on FACEBOOK.
www.facebook.com/seabeevolkslaufmudrun

GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

Free services:
FAX, Send and Receive:
228-575-5225, Copies,
United Through Reading program, Computers with web cams, Internet/email access, X-Box

Office hours: Monday - Friday, 8 a.m. - 4 p.m.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP

AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000