

# SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

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## Emergency data updates critical for family readiness

**From Navy Personnel Command Public Affairs**

"It's not going to happen to me," is probably something each of the Sailors who died in 2013 was thinking. Considering only one percent of these deaths were in theater, it is important that Sailors prepare for the unexpected, Navy Casualty officials said Jan. 17.

"Sailors often don't take the time to update their record of emergency data (NAVPERS 1070/602, or Page 2), or their Service Members' Group Life Insurance (SGLI) elections. While command leadership works diligently to ensure their Sailors have done this, the best and most reliable person to ensure records are up to date, is you," said Cheryl Dockery, branch head, Navy Casualty Operations.

"We take the death of a Sailor very seriously, and intend to provide for the primary next of kin and each additional beneficiary as compassionately and professionally as possible," Dockery said. "Too many times we've discovered that Sailors don't take the time to update their Record of Emergency Data (Page 2), or their SGLI, and that causes undue stress for their families. We only have the Sailor's documents to rely on - when there is a discrepancy, we are obligated to ensure payments are made in accordance with the Sailor's desires."

Sailors are encouraged to

review their current documents in the Electronic Service Record (ESR), and check their Leave and Earning Statement (LES) to ensure the deductions for SGLI premiums match their intent.

"We need Sailors - and commands, for that matter - to be proactive in encouraging regular reviews and updates of beneficiaries and Page 2s. They should also keep hard copies of all documents on hand," said Dockery.

According to Dockery, there are more than 4,000 Sailors who have elected zero (SGLI) coverage and more than 10,000 who elected less than the full \$400,000 coverage available.

"While saving the premium costs may seem like a good idea, when a Sailor dies leaving their family with little or no money to continue, it doesn't seem like a good place to have conserved," Dockery said.

Contact the Personnel Support Detachment or personnel office if changes to beneficiary data are needed.

For more information on death benefits, Sailors should contact the Navy Casualty Assistance office at 1-800-368-3202/(901) 874-2501/DSN 882-2501 or call the Navy Personnel Command (NPC) Customer Service Center at 1-866-U-ASK-NPC, e-mail CSCMailbox@navy.mil or visit NPC's website at www.npc.navy.mil.

## Active Shooter Exercise



Police Officer John Seavy and Petty Officer 2nd Class Jesus Weigand, of Naval Construction Battalion Center (NCBC) Base Security respond to an Active Shooter Drill held at Naval Construction Training Center (NCTC) Delta Company. Base Security is currently training for Solid Curtain/Citadel Shield, scheduled for Feb. 18 - 28. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

# Skipper's Log

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**By Capt. Paul Odenthal**  
 CO, NCBC Gulfport

Hoorah Team Gulfport!  
 This is my first opportunity to write to you this year. With that, I want to wish all the best for the New Year but also thank you for your efforts over the holidays to stay safe and act responsibly. I was happy to see we made it across the entire holiday period without a single DUI and with very few liberty incidents. I know this did not happen by accident but was a result of leadership at all levels and your personal commitment. Well done!

I am very proud of our CPO 365 team that is championing the "Keep What You Earned" campaign across the installation. You probably saw them with the signs at the gate. No, they were not protesting our energy conservation thermostat settings but trying to deliver an important message to you. The message is simple. You have

worked hard to make rank and your position in the Navy. It was not given to you. It was not a present. It was not simple to get. You proved yourself over time through hard work, sweat and determination. We want you to keep it and we want you to achieve more. So why put it on the line and risk losing it in a heartbeat? It should surprise none to know that alcohol is the most common contributing factor that earns you the honor of standing in front of the CO and giving up your crowns. Note that I did not say "taking" away your crowns but "giving" them up. The power and the decision are yours. Your Skipper simply confirms your decision. Don't relinquish your power and throw away your hard work . . . KEEP WHAT YOU EARNED!

January is not only bringing a change to our calendars but to many things across our base. We welcome back Commander Stasick and NMCB

11 from their very successful deployment and wish our best to NMCB 74 as they undertake their twilight deployment. It will not be long and NMCB 1 will also be out the door. You will also notice that we have NMCB 25 with us for the next few months as they rapidly prepare for their upcoming deployment to CENTCOM. Please show our friends from up Wisconsin way the hospitality and professionalism that we are famous for. I am sure they will quickly understand why we rightfully brag that there is no better place to train, work and serve than right here in Gulfport.

Planning efforts are in full swing for Seabee Day and the Seabee Ball. Seabee Day 2014 will happen on March 8 as we bring the local community on board for a day of fun and Seabee Pride. The Seabee Ball comes right after on March 15 as we welcome Rear Admiral Morneau, the Commander of Naval Expeditionary Combat



Command as our guest of honor and speaker. As always, it will be a great event and I suggest you get those tickets quickly as we expect a sell-out crowd.

Again, being my first note to you of 2014, I am resisting the temptation to recount highs and lows of 2013. It was a tough year with many challenges. But we proved that our team is resilient and ready for the challenges of 2014. Be proud of who you are and your daily contributions to Our Navy and Nation. You make a difference. Keep charging!

**Correction:** The byline for the article, "Naval Academy Summer Seminar Program seeks student applicants" in the Jan. 16 edition should be:  
 By Lt. Teng K. Ooi, U.S. Naval Academy and Capt. Linda J. Beltra, Naval Hospital, Jacksonville

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

## Sailors to receive faster payments for moves

**From NAVSUP Corporate Communications**

Payments to service members for Personally Procured Moves (PPMs), formerly known as "Do-it-Yourself" or DITY moves, will be received sooner via Electronic Funds Transfer (EFT) to service members' checking or savings accounts, officials announced Jan. 17.

"Right now, it takes about 7-10 days for a Sailor to receive a compensatory check for a PPM. EFTs process quickly, and can get money to a Sailor in less than half the time," said Naval Supply Systems Command (NAVSUP) Commander Rear Adm. Jonathan Yuen.

"The current business process is costly and time consuming. It makes financial sense for the Navy and benefits our Sailors' wallets to move to EFTs," Yuen said.

"The Navy PPM checklist is being updated to include instructions along with a form that allows service members to safely and securely provide their electronic funds payment information as part of the PPM process," said NAVSUP Household Goods Director Francis Piacine.

Payment by EFT is currently voluntary and will remain so until April 1 when it becomes mandatory for all Navy members performing a full or partial PPM.

# Buzz on the Street

By CECN(SCW) Lucinda Moise  
NCBC Public Affairs

**"What do you think about the Navy female dress blues changing to look like male dress blue uniforms?"**



"I think it makes it easier for inspection, because everyone will have the same uniform."

**BU2(SCW) Sean Wiley**  
NMCB 11  
Hometown: Phoenix, Ariz.



"I appreciate the streamline and the uniformity it brings."

**EA3(SCW) Nichollette Stepp**  
NMCB 11  
Hometown: South Houston, Texas



"It's a good idea - seems like it would be easier to wear."

**BUCR Paul Richardson**  
NMCB 133  
Hometown: Queens, N.Y.



Naval Branch Health Clinic (NBHC) Officer in Charge Lt. Cmdr. Joseph Mastrangelo, second from right; Lt. Authur Valeri and Hospital Corpsman 2nd Class Aaron Hughley receive the 2013 Captain's Cup Award from the Morale, Welfare and Recreation (MWR) sports coordinator Sam Perkins, left, on the behalf of the NBHC on board NCBC Gulfport, Jan. 15. The Captains Cup competition promotes team work, leadership, and physical fitness for all the participating units on the Center. (U.S. Navy photo by Equipment Operator Constructionman Kia Skinner/Released)



Members of 'Exquisite Dance' perform at the Seabee Memorial Chapel Jan. 19, during a special church service celebrating the life of Dr. Martin Luther King Jr. Capt. Ronnie King, Command Chaplain, U.S. Southern Command brought a lively message to those in attendance. King was also the guest speaker for the NCBC Multicultural Diversity Committee MLK Celebration at the Training Hall Jan. 17. (U.S. Navy photo by Rob Mims/Released)



Taelor Neal assists Builder 3rd Class Payton Hardy, assigned to Naval Mobile Construction Battalion (NMCB) 74, and Builder 2nd Class Hope Butler, assigned to Naval Construction Group (NCG) 2, at the Thrift Shop on board NCBC Gulfport, Jan. 21. The Thrift Shop is open Tuesday, Wednesday and Friday 9 a.m. to 1 p.m. Donations of gently used items are always welcome at the shop. (U.S. Navy photo by Equipment Operator Constructionman Kia Skinner/Released)

# NCBC Frames

Construction Electrician 1st Class(SCW/ SW/IDW) Michael Perezdejesus  
Quality Control Inspector, Naval Mobile  
Construction Battalion (NMCB) 11

# FREEZE FRAME

By UTCN Alicia Fluty  
NCBC Public Affairs



Senior Chief coming out of the bilges wearing his Khaki uniform. He was completely dirty because he was cleaning the bilges with us. I found that very inspiring and since then I have always tried to follow his example throughout my carrier.

FF: What has been your biggest motivation throughout your career?

MP: The cultural and language barrier that existed for me 12 years ago when I joined the Navy and barely spoke the language. It was my biggest challenge, but at the same time motivated me to try harder and not let that be an obstacle for me to accomplish my goals.

FF: What advice would you give to future Seabees and Sailors?

MP: Be proud of who you are, what you represent and the uniform you wear. No matter what job or task is in front of you, do



it with pride. Take ownership of your actions and always give 100 percent.

FF: What is your favorite part about being/working with the Seabees - why?

MP: For me as an electrician, there is not a better feeling than when the lights work after finishing a job. There is nothing more rewarding than to see a completed building and knowing that you

where part of it.

FF: Who was your most influential mentor during your career, and why?

MP: Definitely I have to say my wife. They say "Behind every strong man stands an even stronger woman." Without the understanding and support of my wife, I wouldn't have accomplished half of the things I have accomplished in my career so far.

FF: What single experience during your career stands out the most, and why does it stand out?

MP: Back in the day when I was an undesignated Fireman in my Fleet years. I learned the meaning

of the words "leading by example." It was a "field day" day and I was down at the machinery room's lower level of the USS George Washington when I saw my 23 year veteran Machinist Mate



## 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](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.

## VITA Tax Assistance

Building 60, Room 116Z

VITA services are limited to:

Active duty military; Retired members entitled to retired/retainer pay or VA compensation; Dependents of those listed above; Reserve military on active duty for 30 days or more; Emergency cases only for Reservists on active duty less than 90 days; Reservists during pre mobilization; Reservists up to 30 days after demobilization; 20/20/20 spouses/dependents receiving transitional compensation; dependents of members separated for abuse consistent with 10 U.S.C. 1059

Call 228-871-3597/2301

**VITA**  
Volunteer Income Tax Assistance



# Balfour Beatty Communities February Events

## BBC Mardi Paws Parade

Feb. 8, 10 - Noon

Bring your K9 companion to the Dog Park located by Seabee Lake for a Mardi Gras Parade. If you don't have a dog, come out to view the parade! The Humane Society of South Mississippi will be on hand with adoptable animals!



## Base Housing Yard Sale

Yard Sales are permitted in Base housing once a quarter. The next one is scheduled for Saturday, Feb. 15, 8 a.m. – 1 p.m. Please place the items for sale in your front yard. All signs advertising your yard sale are only permitted to be displayed in your front yard. If you have any questions please feel free to call the Housing Office at 228-863-0424 or email lladner@bbcgrp.com



## Valentine's Day Card Party

Feb. 11, 4 - 5:30 p.m.  
609 Palm Court



Bring the kids and their school Valentine list and we will provide them with Valentine's Day cards for their class!



## BBC is hosting a Mardi Gras Ball for Base Housing Residents

Feb. 21, 6 - 9 p.m., Rhodes Hall, Building 303  
Bring your family! Dress: Men - suit/or dress uniform; Women: as formal as you wish! There will be a D.J., food, decor and history about Mardi Gras! For details and to R.S.V.P., please contact lladner@bbcgrp.com

January 23, 2014



# SEABEE DAY 2014



Naval Construction Battalion Center  
Gulfport, Mississippi

Food

Exhibits

Games



**Saturday  
March 8, 2014  
9 a.m. to 4 p.m.  
Free Community Event  
Open to the Public  
www.seabee.org**



**Fun for the whole family!**

Join us for Free Carnival Rides, Great Food,  
Mountains of Military Displays,  
Free Kids Play Area  
Petting Zoo, Music and More!

**Enter the base via the Pass Road or Broad Ave.  
Gate and follow the signs to free parking.**



## 72nd Annual Seabee Ball

You are cordially invited to the 72nd Annual Seabee Ball March 15, at the Mississippi Coast Coliseum. Cocktail hour begins at 6 p.m. This year's guest speaker is Rear Admiral Morneau, Commander, Navy Expeditionary Combat Command. If you are interested in attending, tickets are now on sale and are payable by cash, or check made payable to the "Seabee Ball Fund." Contact your command rep for tickets. The CBC command rep is Lt. Kena Montgomery, 228-871-3922 or email: kena.k.montgomery@navy.mil. Ticket prices are: E1 to E3: \$20; E4 to E6: \$30; E7 and above, Retirees, and Civilians: \$40. Guests: If you plan on bringing a guest, the ticket price for him/her is equivalent to the price you pay for your own ticket. (e.g. tickets for an E3 and his/her guest would be: \$20 + \$20 = \$40) Free childcare until capacity is reached from 5 p.m. to 12:30 a.m. Sign up with ticket in hand at Child Development Center. Uniform: E1 - E6: Service Dress Blues w/Large Medals; E7 - O3: Dinner Dress Blues; O4 & Above: Dinner Dress Blue Jacket; Civilians: Formal. Door prizes and dancing! Professional photographer - \$10 portraits. Digital image with printing release. The night will feature great food, great people, great entertainment, great door prizes and a great time had by all!

Seabee Courier

# NMCB 11 DET ROTA & DET HOA RETURN TO GULFPORT JAN. 20



# NMCB 74 Camp Mitchell Rota, Spain



Cmdr. Dave McAlister, commanding officer of Naval Mobile Construction Battalion (NMCB) 74, left, exchanges salutes with Cmdr. Steve Stasick, right, commanding officer of NMCB 11, in front of Capt. Gregory Sandway, commander of Naval Expeditionary Task Force Europe and Africa, during a transfer of authority ceremony at Naval Station Rota, Spain. NMCB 74 assumed control of Camp Mitchell and ongoing Seabee missions throughout Europe and Africa during the ceremony. (U.S. Navy photo by Morgan Over/Released)

## DAPA Notes

### Operation Supplement Safety

A Dietary Supplement is any product containing one or more dietary ingredients intended to supplement the diet.

- ~ Macronutrients (carbs, protein, fats)
- ~ Vitamins, minerals, amino acids
- ~ Herbs and other botanicals
- ~ Other dietary substances (e.g., probiotics, enzymes)

Operation Supplement Safety (OPSS) provides resources to help consumers make informed decisions about dietary supplements. Although some dietary supplements may be beneficial, others may be unsafe and tainted with drugs or other controlled substances. The most commonly tainted dietary supplements are those intended for:

- ~ Bodybuilding
- ~ Weight loss
- ~ Diabetes

~ Sexual enhancement  
Before you take a supplement, ask yourself:

- ~ What's in it?
- ~ Does it work?
- ~ Is it safe?
- ~ Do I really need it?
- ~ Has it been third-party tested?

Read more at <http://hprc-online.org/dietary-supplements/opss>. *Operation Supplement Safety is a joint initiative between the Human Performance Resource Center and the DOD to educate service members and retirees, their family members, leaders, health care providers and DOD civilians about dietary supplements and how to choose supplements wisely.*

### SEABEE GIFT STORE

Searching for that perfect retirement keepsake? The Seabee Gift Store offers a variety of Seabee-related memorabilia such as books, clothing items, coins, pins, flags and more, all at prices that fit a wide range of budgets. The gift store is located in the Seabee Heritage Center Training Hall, building 446 and open Monday – Friday, 10 a.m. to 4 p.m.

### 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 who are:

- Motivated/Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Able to obtain SECRET/TOP SECRET clearance

Email us at [IDEVGRURecruiting@vbsocom.mil](mailto:IDEVGRURecruiting@vbsocom.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](http://SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL)

# Focus on Education

## Education Notes

### Higher Education Workshop

Fleet and Family Support Center (FFSC) is sponsoring a two-day workshop Feb. 11 - 12, 8 a.m. - 4 p.m., which is designed to guide enrollees in multiple areas, including:

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

Call 228-871-3000 to register. This class is open to all with authorized access to NCBC, Gulfport.

### Supervisors Role in HR Management

Supervisors Role in HR Management will be offered April 15 - 18, 8 a.m. - 4 p.m., at the Training Center of building 60 on board NCBC Gulfport. Course cost is \$325. Deadline for registration by SF 182 is March 17. Register on line at <https://www.portal.navy.mil/donhr/CourseRegistrations/Pages/LearnerRegistration.aspx>. After registering, please fax or email your completed SF-182 Training Request to OCHR Stennis Operations, Training Center to (228) 871-2400 (DSN 868) or email to [lucy.galster@navy.mil](mailto:lucy.galster@navy.mil). Class size is limited.

### Behavior Modification for Weight Management

Fleet and Family Support Center (FFSC) is sponsoring a Behavior Modification for Weight Management class Feb. 18, 11:30 - 1 p.m. at the FFSC. To register or to receive more information, email [paula.ingram@navy.mil](mailto:paula.ingram@navy.mil) or call 228-871-3000.

### Navy Wives Clubs of America Scholarship News

The Scholarship Foundation of NWCA annually gives 30 scholarships in the amount of \$1,000 to \$1,500. To be eligible, an applicant must be a dependent son/daughter (natural born, legally adopted or stepchild) of an active duty, retired with pay or deceased ENLISTED member of the Navy, Marine Corps, or Coast Guard. The applicant must have a valid Dependent ID card (United States Uniformed Services Identification & Privilege Card). The applicant must also show basis of need for financial assistance, have a scholastic standing of at least a 2.5 grade point average (GPA) and be a graduate of an accredited High School or its equivalent or will qualify for graduation prior to beginning eligibility for assistance. Upperclassmen are welcomed to apply. The applicant should be physically capable of completing the course undertaken and be of good character. The grants are for tuition, room and board, fees, and books.

The deadline for Scholarship applications to be post-marked is May 31. Applications may be downloaded from the NWCA website - [www.navywivesclubsofamerica.org](http://www.navywivesclubsofamerica.org) or you may request an application from: Linda Hedden - NWCA Scholarship Director, 1300 Hampton Drive, Summerville, SC 29483

Please include send a self-addressed stamped envelope when requesting an application.

### Scholarships for Military Children deadline rapidly approaching

The deadline to apply for a \$2,000 scholarship through the Scholarships for Military Children is close of business Feb. 28. Applications must be turned in to a commissary. The program will award at least one scholarship at each commissary with qualified applications. Find out more and learn how to apply at: <http://www.militaryscholar.org>.

## SLO rewarded for Length of Service



Capt. Paul Odenthal, Naval Construction Battalion Center (NCBC) commanding officer presents Kevin Byrd, NCBC School Liaison Officer (SLO) with a length of service certificate and pin for five years of Federal Service, Jan. 16. Byrd is located in MWR building 352, 1706 Bainbridge Avenue on board the Center. He can be reached by phone at 228-871-2117 or email [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil). (U.S. Navy photo by Rob Mims/Released)

## MFLC's Support Military Children

By Kevin Byrd

NCBC School Liaison Officer

Military Family Life Consultants provide a wide range of support to military children and youth, family members and staff who work with students. These professionals are masters or doctorate-level licensed counselors specializing in child and youth behavioral issues. They are available at no cost and provide short-term, non-medical counseling support. The MFLC's also support the school students and staff by doing presentations on topics such as bullying, anger, stress, etc.

Being embedded in the school makes a big difference. Response can be immediate for the child who is upset because a Mom or Dad recently deployed or just found out they are moving.

Before an MFLC can assist a child an "opt in" letter must be signed by the parent. For more information please contact Kevin

Byrd at 228-871-2117.

### Biloxi School District

Monday-Friday-Jeff Davis Elementary School  
Monday-Biloxi Junior High School  
Tuesday-Biloxi High School  
Wednesday-Popp's Ferry Elementary School  
Thursday-North Bay Elementary School  
Friday-as needed

### Gulfport School District

Monday-Anniston Elementary School  
Tuesday-Gulfport High School  
Wednesday-Anniston Elementary School  
Thursday-Bayou View Middle School  
Friday-Twenty Eighth Street Elementary School

### Harrison County School District

Monday-West Wortham Elementary School  
Tuesday-Harrison Central Elementary School  
Wednesday-Three Rivers Elementary School  
Thursday/Friday-Lyman Elementary School

### Jackson County School District

Monday-St Martin North

Elementary School  
Tuesday-St Martin East Elementary School  
Wednesday-St Martin East Elementary School  
Thursday-St Martin Upper Elementary School  
Friday-St Martin North Elementary School

### Long Beach School District

Monday-Harper McCaughan Elementary School  
Tuesday-Reeves Elementary School  
Wednesday-Harper McCaughan Elementary School  
Thursday-Quarles Elementary School  
Friday-Quarles Elementary School

### Ocean Springs School District

Monday-Magnolia Park Elementary School  
Tuesday-Pecan Park Elementary School  
Wednesday-Ocean Springs Middle School/Oak Park Elementary School  
Thursday-Ocean Springs Upper Elementary School/Oak Park  
Friday-Ocean Springs High School/Oak Park

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Super Bowl Preparedness

Panic has set in. Soon, military folks everywhere will be mobbing the commissaries for necessary supplies and stockpiling items in their cabinets, pantries and refrigerators. Is there another Herculean Arctic superstorm headed our way? Is a typhoon spinning its way eastward across the Pacific? Is a deadly combination of high and low-pressure systems colliding in an apocalyptic whirlwind over our nation?

Well, no.

But seeing as the Super Bowl is the second largest day for U.S. food consumption after Thanksgiving, there is a perfectly good reason why people are shoving old retirees out of the way to grab the last jar of queso dip. After all, a Bowl Day without the traditional football-watching foods would be downright catastrophic.

So, as the mother of an Eagle Scout, I feel obligated to warn everyone to: "Be prepared."

Before you take on the pre-Bowl crowds at the commissaries, be sure to ready the home front. Clear the refrigerator of useless items such as milk, eggs, fruits and vegetables. Other than a few sticks of celery to accompany the wings, toss any unprocessed foodstuffs that are taking up precious space needed for Bowl day essentials.

Once the kitchen has been purged of all healthy, vitamin-fortified, low-fat, fiber-rich foods, it's time to mentally prepare for what you might encounter at the commissary.

Like a Roman Gladiator



ascending the catacombs of the Coliseum, like Muhammed Ali entering the ring to take on Joe Frazier, like the Greek soldiers climbing out of the wooden horse inside the gates of Troy, like the Duke of Wellington about to face Napoleon's army at Waterloo, like The Real Housewives of New Jersey sitting down to dinner -- you must be ready to wage a battle of epic proportions.

As you jot down the arsenal of foods needed for Super Bowl sustenance, breathe deeply and meditate on the past. Gone are the archaic Bowl days of yesteryear, when football fans survived on outdated canned-meat party sandwiches, pimento cheese spreads, and gelatin salads. Thanks to modern advances in processed cheese technology, the invention of Buffalo wings (origins are "hotly" debated), and the mass-production of tortilla chips in 1994, we are fortunate to have a proliferation of delicious modern Bowl day snack foods at our disposal.

Presuming you can find an available shopping cart without committing aggravated assault, enter the commissary with a strategy. Don't just join the stream shoppers like

some kind of amusement park pony, strike out on your own and hunt down your targets.

Unlike every other commissary trip, it is actually a good idea to bring the kids. As your secret weapons, they will enable you to divide and conquer. Send each one on a mission: "Lilly, you're going in for three jars of salsa. Anna, you're in charge of peanuts. Hayden, you're almost a man now, so I'm trusting you to find those little smoked sausages for pigs in a blanket. Can you do it?!" "Yes, ma'am!" "Now, GO, GO, GO!!"

With your cart filled to the brim with every snack food known to modern man, head to the check out lanes, but do not waste precious time standing in line. Simply feign some kind of cardiac episode - a la Fred Sanford's "It's the big one, Elizabeth!" - and fellow shoppers will surely let you cut in line so you can get to the glycerin pills you "left in the car." It might sound far fetched, but when they see all the pork products and processed cheeses in your cart, they'll be convinced that your arteries are harder than a coffin nail and guide you straight to the head of the line.

Finally at home with your snack foods stockpiled and beverages chilling, you can finally breathe easy, knowing that you can eat your face off come Sunday, Feb. 2. Disaster averted.

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

## Health Watch

### Did You Know? Help yourself by exploring Humana's new self-service site

From Lt. Adam Susmarski  
Naval Branch Health Clinic  
Gulfport

Humana has a new and improved "Self Service" website? Beneficiaries (service members and their dependents) may access this online service and its associated call center from the convenience of their own home versus having to come all the way into the clinic for walk-in service at the TRICARE office.

The website includes links to check referral/au-

thorization status, compare local hospital quality, request an address change, and more!

The link for the Humana self service website is: <https://infocenter.humana-military.com/South/Bene/obs/infocenter.asp>

*Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account to contact or follow-up with your provider.*

### 'Like' Naval Branch Health Clinic Gulfport on Facebook

The Naval Branch Health Clinic has a page on Facebook that is frequently updated with medical news and information, upcoming events, TriCare updates and other interesting Navy knowledge.

Please go on to Facebook and search "Naval Branch Health Clinic Gulfport" and click "LIKE"! (If two pages come up in "search results" - it will be the one without "Mississippi" after Gulfport)

Like the NBHC page to stay up to date on all the latest and greatest in Navy Medicine!



**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

For Active Duty females who have been sexually assaulted as adults

**START REVVING THOSE ENGINES BECAUSE...**  
**Daytona 500 Tickets ONLY \$62**  
 Regularly \$139!



**Call ITT at 871.2231**  
 Race Day is Sunday, February 23rd

Other tickets and Fan Zone passes available.

**Free Movies at the Training Hall**  
 And, don't forget about the fresh buttered popcorn and cold drinks at that sweet price that won't break your wallet!

**Movie Hotline:**  
**228-871-3299**

**Friday, Jan. 24:** 5:30 p.m., Cloudy With a Chance of Meatballs 2, PG; 7:30 p.m., Metallica: Through the Never, R

**Saturday, Jan. 25:** *NO MOVIES* due to official activity

**Sunday, Jan. 26:**  
 2 p.m., Free Birds, PG; 4:15 p.m., Cloudy With a Chance of Meatballs 2, PG; 6:30 p.m., Escape Plan, R

**February 2014**

Naval Construction Battalion Center Gulfport

**BEEHIVE**  
 2/2 Super Bowl Party @ 4:30p  
 FREE FOOD, PRIZES, BUD GIVEAWAYS  
 2/22 - UFC ROUSEY vs. McMANN @ 7pm  
 FREE FOOD, PRIZES, BUD GIVEAWAYS  
 2/6-2/23 - OLYMPICS!

**Weight Loss Challenge**  
 2/1-2/21  
 2/21 @ 4pm  
 Weigh IN

**RAQUETBALL LEAGUE!**  
 League starts 2/24/14  
 Sign ups 2/1-2/10

**VOLLEYBALL LEAGUE!**  
 League starts 3/6/14  
 Sign ups 2/12-2/24

**FITNESS**  
**NEW YOGA CLASS!**  
 Every Monday @ 5pm

**COMING MARCH 3rd - Coach to 5k (8week program)**

**Program Telephone Numbers & Hours**

Anchor and Eagles	871-4607	Hours:	Tu-Th 2-4p
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 M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
CIBC Fitness Center	871-2668	Hours:	M-Fr 5:30a-1:30p, Sat 10a-4p, Sun Closed
Aquatics	822-5103	Hours:	M-Fr 5a-5:30p
Child Development Ctr	871-2323	Hours:	Open 30 min prior to movie showings
Free Movie Hotline	871-3299	Hours:	M-Fr 10a-4:30p, Sat 10a-2p Sun 10a-4:30p, M-Th 10:30a-1:30p & 4-5:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p Sun 10a-4:30p, M-Th 10:30a-1:30p & 4-5:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Liberty Center	871-4684	Hours:	M-Fr 10a-4:30p, Sat 10a-2p Sun 10a-4:30p, M-Th 10:30a-1:30p & 4-5:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-5p, Sat 7a-1p
School Liaison Officer	871-2127	Hours:	M-Fr 7:30a-3:30p
Shields RV Park	871-5425	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	5-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p Tu-Th 3:30p-8:30p, Fr 4p-9p
Teen Center		Hours:	
Rec Center		Hours:	

**LIBERTY\***

Feb 02 Super Bowl XLVIII Party	FREE Food & Prizes!	5:30p game time
Feb 04 Football Tournament	1st place PRIZE	6:00p
Feb 05 Gulfport Drayage Trip	FREE Shuttle	6:00p (departure)
Feb 07 Gulfport Premium Outlet Trip	FREE Shuttle	8:00p (departure)
Feb 08 New Orleans Pelicans vs M Minnesota Timberwolves	\$20 ticket/transportation	6:00p (departure)
Feb 09 Infinity Science Center Trip	FREE Shuttle	11:00a
Feb 13 AMERICAN RED CROSS BLOOD DRIVE		2P-5P
Feb 14 Valentine's Day Trivia - ALL DAY	Prize Drawing!	7:00pm
Feb 15 WWII Museum Trip in NOLA	FREE Shuttle	10:00a (departure)
Feb 16 Pool Tournament	1st place PRIZE	6:00p
Feb 16 Thumb Wrestling Competition	1st place PRIZE	6:00p
Feb 21 Dinner & Movie (Crosroads & Cinemark GPT)	FREE Shuttle	6:00p (departure)
Feb 22 MS Surge vs Pensacola Ice Flyers/Skating Trip	\$8 ticket/transportation	6:00p (departure)
Feb 23 Gun Ho Shooting Range Trip	FREE Shuttle	10:0p (departure)
Feb 28 Hot Dog Eating Contest	1st place PRIZE	6:00p

\*Liberty Center and Liberty events are only open to single sailors and geo-bachelors. For updates on events, go to [www.facebook.com/nccb.liberty](http://www.facebook.com/nccb.liberty)

**YOUTH & TEEN ACTIVITIES CENTER\***  
 MONDAY - FRIDAY, BEFORE CARE 6:00AM-7:30AM & AFTER CARE 2:00PM-5:30PM  
 \*NEW TEEN HOURS - MONDAY THROUGH THURSDAY 3:30-8:30PM, FRIDAY 3:30-9:00PM

Feb 01 5:00-10:00pm	Mississippi Surge Hockey Game (Money needed for souvenirs and snacks)	\$7
Feb 04 5:30-8:30pm	Torch Club/New Comers Orientation Night	Free
Feb 05 5:30-8:30pm	Triple Play Cooking Club - Homemade Chicken Noodle Soup	Free
Feb 06 5:30-8:30pm	Black History Month Activities & Name Yourself Night	Free
Feb 07 6:00-9:00pm	Movie Night w/Popcorn	\$2
Feb 08 2:00-6:00pm	Golden Gate State Island Skating Trip	\$5
Feb 11 5:30-8:30pm	NetSmarts Computer Safety	Free
Feb 12 5:30-8:30pm	Smart Moves Club & Dental Hygiene Day	Free
Feb 13 5:30-8:30pm	Homemade Valentine's Day Card Making	Free
Feb 14 6:00-9:00pm	Movie Night w/Naachos	\$2
Feb 15 8:00-4:00pm	USS Alabama Tour Trip, Lunch Needed	\$6
Feb 16 5:30-8:30pm	Monthly VII Tournament, Sanual Showdown	Free
Feb 16 5:30-8:30pm	Image Makers Night: Capturing Emotions	Free
Feb 20 5:30-8:30pm	Love your Pet Day! Animal Arts & Crafts	Free
Feb 21 6:00-9:00pm	Movie Night w/Popcorn	\$2
Feb 22 9:00-3:00pm	Lynn Meadows Discovery Center, Lunch Needed	\$5
Feb 25 5:30-8:30pm	Rock, Paper, Scissors Extravaganza	Free
Feb 25 5:30-8:30pm	Fusion Beads Arts & Crafts	Free
Feb 27 5:30-8:30pm	Weird Science Fun with Electricity	Free
Feb 28 6:00-9:00pm	Movie Night w/Hot Dogs	\$2

\*Must be enrolled in the Youth Program to take part in Youth Activities

**FREE MOVIE PROGRAM @ THE TRAINING HALL**

Feb 01 2:00 PM	CLOUDY WITH A CHANCE OF MEATBALLS 2	PG
4:15 PM	ENDER'S GAME	PG13
8:00 PM	DELIVERY MAN	PG13
Feb 02 3:00 PM	CLOUDY WITH A CHANCE OF MEATBALLS 2	PG
5:00 PM	DELIVERY MAN	PG13
7:15 PM	HOMEFRONT	R
Feb 07 8:00 PM	LAST VEGAS	PG13
9:30 PM	ENOUGH SAID	R
Feb 08 2:00 PM	FREE BIRDS	PG13
4:15 PM	THOR: THE DARK WORLD	PG13
6:45 PM	DALLAS BUYERS CLUB	R
Feb 09 3:00 PM	FREE BIRDS	PG13
5:00 PM	LAST VEGAS	PG13
7:15 PM	THE COUNSELOR	R
Feb 14 6:00 PM	ALL IS LOST	PG13
8:00 PM	THE BEST MAN HOLIDAY	R
Feb 15 2:00 PM	ENDER'S GAME	PG13
4:30 PM	DELIVERY MAN	PG13
6:45 PM	LAST VEGAS	PG13
Feb 16 3:00 PM	THOR: THE DARK WORLD	PG13
5:00 PM	DELIVERY MAN	PG13
7:15 PM	ABOUT TIME	R
Feb 21 6:00 PM	THOR: THE DARK WORLD	PG13
8:30 PM	DELIVERY MAN	PG13
Feb 22	NO MOVIES DUE TO OFFICIAL ACTIVITY	
Feb 23 3:00 PM	ENDER'S GAME	PG13
5:30 PM	LAST VEGAS	PG13
7:15 PM	THOR: THE DARK WORLD	PG13
Feb 28 6:00 PM	ENDER'S GAME	PG13
8:30 PM	LAST VEGAS	PG13

**Information, Tickets and Travel**  
 DAYTONA 500 Tickets only \$62 Regularly \$139

**Outdoor Recreation**  
 Rent ANY Inflatable and receive choice of popcorn/cotton candy machine, 1 table & 6 chairs OR an Ice-Filled 120qt. Cooler for FREE! (deposit still applies)

**CHILD DEVELOPMENT CENTER**  
 VALENTINE'S DAY Celebration @ 2pm

**Intramural Racquetball League**

**Racquetball League**  
 Season starts the week of Feb. 24th

**SIGN UP**  
 Jan. 20 - Feb. 10, 2014

**OPEN TO:**

- ALL ACTIVE DUTY
- DOD EMPLOYEES
- DEPENDENTS
- RETIRES

Coaches' Meeting is Feb. 12 at 10:30 a.m. in the Fitness Center Conference Room.

To register your team, stop by the Fitness Center. For details, call 822-5109

**Liberty Center - Check out what's happening this week at Liberty!**

Jan. 24 - Island Strikz bowling Trip, FREE Shuttle, 6 p.m. departure

Jan. 25 - SENIOR Bowl, FREE ticket/transportation, Noon departure

Jan. 26 - Slidell Rocks indoor Climbing Trip, FREE Shuttle, Noon departure

Jan. 27 - Pool Tournament, 1st place PRIZE, 7 p.m.

**Outdoor Recreation Specials**

**Camping Rental Package**  
 1 x Two bedroom tent  
 2 x Fishing poles (tackle not included)  
 1 x 60 quart cooler with ice  
 6 x Sleeping bags  
 2 x Lanterns  
 1 x Table Top Camping Grill (fuel not included)

**Fishing Rental Package**  
 1 x 15' or 17' Jon boat with outboard motor  
 2 x Fishing poles (tackle not included)  
 1x 60 quart cooler with ice

Rental packages subject to applicable deposits. For questions and to make reservations, call 228-871-2127.

# NCBC Helping Hands

**BILOXI VA** - Biloxi Veterans Hospital is having an awards ceremony for their volunteers April 18, and they are looking for volunteers who would come to the ceremony and show off their talents by doing a skit, sing or dance. If you are interested in this unique opportunity to volunteer, please call Susan at 228-871-3640 or Sharon at 228-522-5786.

**ELDERLY ASSISTANCE** Volunteers are needed to help paint a handicap ramp and dig a trench around a house to solve a drainage issue. Please contact Susan at 228-871-3640 to volunteer.

**DISABLED VET NEEDS ASSISTANCE** - Couple who lost everything in Katrina and rebuilt has problem with water coming into their home every time it rains. Volunteers are needed to dig a French Drain. Please call Claudia at 228-686-3081 or email c49706@bellsouth.net if you are able to help.

**SENIOR ASSISTANCE** - Seniors are in need of assistance with minor home repairs. The first involves a leaky ceiling, the second is replacing gutters. Materials will be purchased as soon as volunteers can determine materials needed. If you can help, please contact Susan Smith at 228-871-3640.

**BOOST READING PROGRAM** - 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. If you are interested in volunteering, please call Samantha Benson, 228-867-2140.

**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. If you are interested in volunteering, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

**USS ALABAMA ALWAYS LOOKING FOR HELP** - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing

a 40-by-20 maintenance shed, fabricating display cases. Point of contact is Owen Miller, 251-433-2703 or call 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](http://www.usovolunteer.org). This website allows you to keep track of your hours. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org). We look forward to having you on our volunteer team!

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Contact [Shawna\\_Tatge@uss.salvationarmy.org](mailto:Shawna_Tatge@uss.salvationarmy.org) if you have a bit of spare time to help.

**HELP SENIORS AND DISABLED CITIZENS**

Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

**NAVY-MARINE CORPS RELIEF SOCIETY** The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call 228-871-2610. Also in need of gently used donations.

**LOOKING FOR A WAY TO SERVE YOUR COMMUNITY** - Interested in a law enforcement career? If so, consider volunteering your off duty time and become a Gulfport police Reserve Officer or a Reserve Community Service Technician. Call Lt. Phillip Kincaid at 228-868-5900, ext. 6189 or email him at [pkincaid@gulfport-ms.gov](mailto:pkincaid@gulfport-ms.gov) for additional information.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Regional, 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](mailto:CNRSE_HOTLINE@navy.mil)

## Fire Warden Training

Jan. 29 2 - 3 p.m.  
Building 60, Room 105



## Area Off-Limit Locations

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board.

**Biloxi:** YaYa's, 2751 Pass Road  
**Gulfport:** Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; BJ's Bar (Club 228), 17920 16th Street; Sinsations Night Club, 1809 30th Ave.; Nick's Place, 12460 Highway 49

**Pascagoula:** Bunksmall Apartments, 708 South Pascagoula St. Service members are ordered not to enter or patronize these off-limit establishments of their locations. This does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

## Seabee Memorial Chapel



Religious Services  
Sunday:

Contemporary: 8 a.m.  
Catholic Mass: 9:30 a.m.  
Protestant: 10:30 a.m.

Weekday Mass:  
Tuesdays at 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

## What's happening at the Chapel?

-- **Sundays:**

- Contemporary (Gospel) Service: 8 a.m.
- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (all ages)
- Catholic Mass: 9:30 a.m.,
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Beyond Club: 2:30 p.m. (middle to high school students)

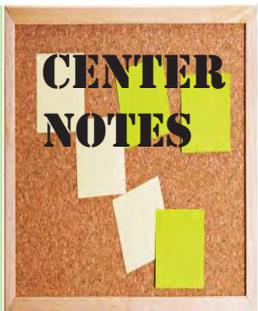
-- **Tuesdays:**

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (all ages) (childcare/nursery available via volunteers)
- Praise and Worship Team Practice: Contemporary (Gospel) 5 p.m.; Protestant 6 p.m.; Catholic 7 p.m.
- Club Beyond: 6 p.m. (middle to high school students)

-- **Wednesdays:**

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

-- Catholic Confessions and Baptism: By appointment  
Call 228-871-2454 for more information.



### 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 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 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 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 and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email [Gulfport@focusproject.org](mailto:Gulfport@focusproject.org)  
**Gulfport Officer's Spouse Club** 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](mailto: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 reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsof-america.com](http://www.navywivesclubsof-america.com) 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](mailto:Region63@juno.com) or 850-890-6792.

### PMI Membership Drive

The Project Management Institute ([www.pmi.org](http://www.pmi.org)) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact

Mike Saunders at [saudersmt@earthlink.net](mailto:saudersmt@earthlink.net) or Len Krapcha at [Ikrapcha@aol.com](mailto:Ikrapcha@aol.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 weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact CE1 Clark at 228-871-2608 or call the Seabee Memorial Chapel at 228-871-2454 for details.

### VFW Post 3937 Long

**Beach** is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for 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 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), 228-871-24w88 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. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeesmuseumstore.org](http://www.seabeesmuseumstore.org) or call the gift store for more information at 228-871-4779.



**GULF COAST USO**  
901 CBC 3rd Street, Building 114, 228-575-5224  
Free services: FAX - Send/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.



## NAVY-MARINE CORPS RELIEF SOCIETY

GOT DONATIONS?

Call 871-2610 and donate to the BASE THRIFT SHOP



# DON'T GET PENALIZED WITH HIGH PRICES

Shop at the commissary for savings on all your game day favorites!