

# SEABEE COURIER



DILI, Timor-Leste - Ensign Martin Miller, assigned to Naval Mobile Construction Battalion (NMCB) 1, right, speaks with Timorese Secretary of Defence Julios Pinto and U.S. Navy Capt. Rodney Moore, commodore of the 30th Naval Construction Regiment, at an engineering project in support of Pacific Partnership 2014. Pacific Partnership is in its ninth iteration and is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Asia-Pacific region. (U.S. Navy photo by Mass Communication Specialist 1st Class Stephen Oleksiak/Released)

## Pacific Partnership 2014 wraps up in Timor-Leste

By MC1 Stephen Oleksiak  
Pacific Partnership Public Affairs

Service members and guests from Australia, New Zealand, Timor-Leste and the United States gathered at the Comoro Medical Center for a ceremony marking the end of the Pacific Partnership (PP14) 2014 in Dili, Timor-Leste, June 24.

In its ninth iteration, Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific region.

During the ceremony, PP14 leaders and lo-

cal government officials spoke about the variety of engineering and community projects, dental care, training engagements as well as the cooperation that transpired during the two-week mission.

The ceremony was held in front the newly-constructed emergency room at the Comoro Medical Center and according to His Excellency Jonathan Schwass, New Zealand ambassador to Timor-Leste, it is a testament to the relationships that were forged during PP14.

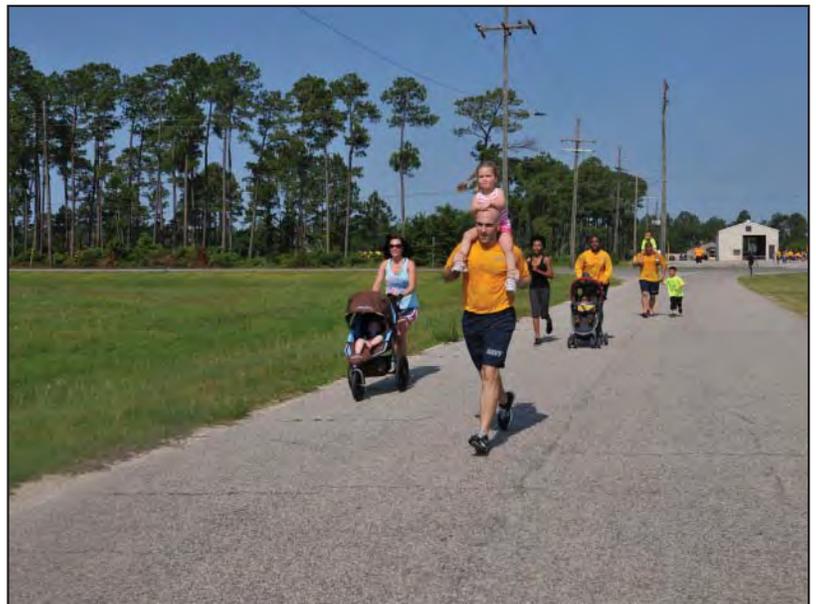
"The clinic we stood in front of is a fine example of the results that the

See **MISSION** page 7

## NCG2 Family Fun



Naval Construction Group (NCG) 2 personnel invited family members to a command-sponsored physical training session held at the base gym June 20. The session included calisthenics, stretching and a run followed by a command picnic at Seabee Lake. (U.S. Navy photos/Released)



# Legal: Survivor Benefits Plan . . . What is it? Do you need it?

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**By Lt. Ryan P. Kilpatrick, JAGC**  
RLSO SE BROFF  
Legal Assistance Attorney

The Survivor Benefit Plan (SBP) pays a portion of your active duty or retirement income to your surviving spouse, former spouse or dependent child in the event that they outlive you. Colloquially, this is often referred to as a "widow's pension." For many retirees whose retirement income consists of their military retirement and social security, not electing SBP coverage can impoverish your spouse if he or she outlives you, as he or she only has social security to live off. If you die on active duty, your spouse will collect SBP automatically. If you wish to retain this benefit into retirement, however, you must enroll at the time of retirement and pay monthly premiums.

How much will SBP cost?

The cost of SBP depends on the level of coverage you choose. If you elect full coverage, the cost of SBP coverage will be based on 6.5 percent of your full gross pay. For example, if you receive \$1,000 of retired pay each month, and elect full SBP coverage, your monthly cost to cover your spouse under the plan will be \$65 each month. You can also elect a lower level of SBP coverage. For example, if you receive \$1,000 of retired pay each month, you can elect to have your coverage based only on \$700 of your pay. In this case, we would calculate 6.5 percent of \$700, and the monthly cost to cover a spouse under SBP would be \$45.50. There is, however, a minimum level of coverage required and that the amount is unique to each retiree.

What are the advantages of SBP?

- You will leave a guaranteed income to your beneficiary. Eligible beneficiaries under the plan will receive 55 percent of the retiree's elected amount of coverage.

- SBP benefits are inflation indexed, and coverage and cost are not affected by illness or age. Unlike many private life insurance policies, SBP coverage will not be cancelled or revoked due to any illness you may have or your age. Whether you retire at age 45 or 80, you or your spouse's age or health will never be considered a liability and never impact the cost of the program. In addition, the receipt of survivor benefits will not be affected by Social Security benefits. Finally, the SBP annuity is protected against inflation, increasing each December with a Cost of Living Adjustment based on the Consumer Price Index.

- You can pay for SBP benefits with a pre-tax payroll deduction. For nearly all retirees, Survivor Benefit Plan premiums are automatically deducted from your gross pay prior to the deduction of federal income tax. This decreases your total taxable income, and thus your overall tax liability.

What are the disadvantages of SBP?

- A monthly deduction is taken from your retirement income to pay for your SBP coverage. This can be as much as, but no more than, 6.5 percent of your gross retired pay. You might consider the relationship between the cost of the program and its benefits. To earn an even return on your investment, your beneficiary typically must receive payment for seven months for every five years you pay SBP premiums.

- Once you enroll, changing your election is difficult. Although it may seem unnecessary to consider providing for your loved ones until later on in life, please be aware that the decisions you make at retirement regarding your SBP can be difficult to change. For example, if, at retirement, you have an eligible spouse or children and decide not to have them covered under the plan, it

See SBP page 9

## Recently at the Courthouse

At Naval Construction Battalion Center Gulfport Traffic Court June 11, 61 service members, family members, DOD civilians and retired service members appeared for a variety of offenses, including:

- Failure to provide proof of insurance
- No state inspection sticker
- Expired tags
- Expired registration
- Expired insurance
- Speeding
- Inattentive driving, resulting in an accident
- Illegally parking on grass
- Failure to avoid an accident

- Driving on suspended driver's license
- Driving without a license
- Failure to come to a complete stop
- Failure to register vehicle
- Failure to use cross walk, resulting in injury
- Parking in a driving lane
- Failure to maintain clearance around vehicle, causing accident
- Illegal parking
- Talking on cell phone while driving
- Disobeying stop sign
- Tags displayed do not belong to vehicle
- Careless driving
- Inattentive backing up, causing an accident

**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

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



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](http://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.



Heather Tester, left, Thrift Shop manager, along with volunteers, Courtney Duvall, middle, and Hope Butler, sort through donations made to the Thrift Shop on board NCBC, June 17. The NCBC Thrift Shop accepts civilian and military clothing and shoes, children's toys, kitchenware, books and accessories. Hours of operation are: Tuesdays, Wednesdays, and Fridays, 9 a.m. - 1 p.m., and Thursdays, 4 - 7 p.m. Hours are subject to change without notice. Volunteers are needed, and they will work around anyone's schedule. The Thrift Shop can accept cash only. For more information, or to volunteer call: 228-871-2070/2610. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Archer/Released)



Military members and civilians attend the Healthy Lifestyle Festival at the Navy Exchange (NEX) and Commissary on board NCBC, June 20. The Festival featured a farmers market, discounted athletic wear and sports equipment, and a health fair. Naval Branch Health Clinic (NBHC) Gulfport personnel were hosts for the Health Fair, as well as Morale, Welfare and Recreation. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

Naval Construction Training Center (NCTC) Equipment Operator "C" School students rack asphalt into a paver on board NCBC, June 19. Students are receiving their hands-on training as well as completing a rehabilitation parking lot project for the pool facility located in base housing. Students will place and roll out 250 tons of asphalt for a sleeker parking area once the project is finished. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



# Seabee Memorial Chapel to host its first family enrichment retreat

By UTCN Alicia Fluty  
NCBC Public Affairs

Several Naval Construction Battalion Center (NCBC) families will spend some quality time with together while having fun and without breaking their budget as the Seabee Memorial Chapel on board NCBC hosts its first Family Enrichment Retreat (FER) Aug. 1-3 at Flint Creek Water Park in Wiggins, Miss.

According to Chief Religious Program Specialist Peter Butucel, Leading Chief Petty Officer assigned to NCBC Seabee Memorial Chapel, FERs have been successfully executed elsewhere around the world at various other Chaplain's Religious Enrichment Development Operations (CREDOs).

CREDO is a program run by United States Navy Chaplain Corps and supported by both U.S. Navy and Marine Corps. According to the Chaplain Care website, CREDO provides commanders with a key resource by which to care for and strengthen active duty service members, retirees, reservists, and DOD civilians. CREDO offers transformational retreat-based programs designed to assist authorized users in developing the spiritual resources and resiliency necessary to excel in the military environment.

Besides FERs, CREDO also offers marriage

enrichment and personal growth retreats. All these retreats are completely free to include all branches of service. Active duty service members have first priority, but retirees, reservists, and DOD civilians are welcome to sign up. They will be put on a standby list and will be notified if there is extra space not filled by active duty members.

Retreats include various informational classes, free books and learning materials, games, crafts, hotel stay, meals, snacks, and a banquet dinner, among other things.

"We do not put an age requirement on family enrichment retreats," said Butucel. "There is no specific age cut-off either, but they must still be considered a dependent, and have a dependent ID." "The only thing the member must provide is their own transportation to the retreat site." "Certain items are recommended for you to bring, which are outlined in an email sent to attendees after their registration process is complete," he said.

According to Butucel, FERs are developed in an interactive method where families learn practical skills based on proven principals that can help resolve conflict, build encouragement within them and instill effective discipline to bring out the best in each family member. FERs also include time for families to rest and play together.



Families can sign up at the Seabee Memorial Chapel. Service members who would like to attend FERs must request authorization from their commands; there is a command endorsement section on the back side of the registration form to be endorsed by an E7 or higher.

Butucel added that even though this retreat is full, they have more planned, and are in the process of planning dates for Fiscal Year 2015.

There is also a Marriage Enrichment Retreat coming up Sept. 19-21 in Mobile, Ala. If you are interested in any CREDO events or need more information call the Seabee Memorial Chapel at 228-871-2454.

## Keep What You've Earned (KWYE)

It's summertime! Remember that it's easier to become dehydrated in warmer weather. Make sure to alternate alcoholic beverages with water. #funinthesun #drinkresponsibly



## 4th of July KWYE Campaign Event

To remind Sailors to drink responsibly this 4th of July, the NCBC Gulfport KWYE Campaign team will host an event at the Navy Exchange, July 1, 11 a.m. to 1 p.m. Stop by to have your photo taken in the "Why I Choose

to Drink Responsibly" photo booth and sign the "live to play, play to live" responsible drinking pledge. There will also be more information on the KWYE campaign and details on the Navy's "Pier Pressure" application.

The NCBC KWYE Campaign team hopes to see everyone there to encourage their Shipmates to think about their accomplishments, and not let alcohol take them away. You've earned it. now, keep it!

## Buzz on the Street

By CE2(SCW) Courtney Demastus  
NCBC Public Affairs

*"If a hurricane was threatening to strike the Gulf Coast, would you be more included to stay or leave the area until the danger had passed?"*



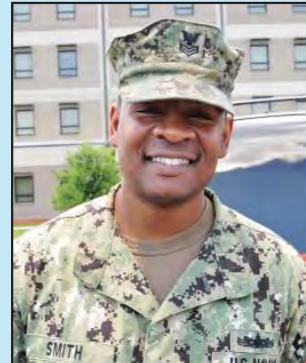
"I would stay. I have a lot of items of sentimental value already in this location."

**BUCN Spencer Kellison**  
NMCB 133  
Hometown: Hampton, Iowa



"It would depend on how strong it's supposed to be. If it's anything like Katrina, we would leave the area."

**Linda Huk**  
Child Development Center  
Hometown:  
Pass Christian, Miss.



"I think I would be more inclined to stay. I've already moved my wife and our belongings to this area."

**NC1 Lamar Smith**  
NCTC  
Hometown: Fort City, Ark.

# Buzzworthy

*Current topics we are thinking and talking about*

Courtesy of NAS Kingsville Public Affairs

### Domestic Violence:

What Does An Abusive Relationship Look Like? Does your partner ever:

- ~ Embarrass you with put-downs?
- ~ Control what you do, who you see or talk to or where you go, the money?
- ~ Look at you or act in ways that scare you?
- ~ Push you, slap you, choke you or hit you?
- ~ Stop you from seeing your friends or family members?
- ~ Tell you that you're a bad parent or threaten to take away your children?
- ~ Prevent you from working or attending school?
- ~ Act like the abuse is no big deal, deny the abuse or tell you it's your own fault?
- ~ Destroy your property or threaten to kill your pets?
- ~ Intimidate you with guns, knives or other weapons?
- ~ Threaten to commit suicide, or threaten to kill you?

If you answered 'yes' to even one of these questions, you may be in an unhealthy or abusive relationship. In this section, you'll find all sorts of information on different forms of abuse. Don't hesitate to chat or call us (1-800-799-SAFE) if anything you read raises a red flag about your own relation-

ship or that of someone you know.

### SAPR: Text for Info

Safe Helpline can provide you with referrals by text to your mobile phone. You can text your zip code or installation/base name to 55-247 (inside the U.S.) or 202-470-5546 (outside the U.S.), and Safe Helpline will text back contact information for the SARC on your installation/base and other resources available on and off base.

**Suicide Prevention:** If you, your shipmate, or a loved one is having trouble navigating stress or experiencing a crisis, help is ALWAYS available. Seeking help is a sign of strength.

**NAVY CHAPLAIN CARE:** Sometimes Sailors and their families would prefer to trust and confide in a Navy Chaplain to receive guidance or help seeing things more clearly. Chaplains are available to talk 24/7 . . . just a click or phone call away through Navy311. Communications with Navy Chaplains are 100 percent confidential unless the service member decides otherwise. For more information, view the following resources:

**Alcohol:** You've worked hard for your career as a Sailor. Only one-third of 17 to 24 year olds in the United States are even eligible for Navy service, and even fewer are capable of enduring the physical and emotional challenges of being a Sailor. From boot camp to advancement exams, job training and deployments, you have conquered them all through hard work, sacrifice and dedication.

Making responsible drinking choices is an extension of that dedication. Just one bad decision while drinking alcohol can jeopardize everything you've earned. Sailors involved in alcohol related incidents face serious consequences, including:

- ~ Loss of rank, rate or pay
  - ~ Separation from the Navy
  - ~ Civilian consequences, such as fines and jail time
- Irresponsible drinking not only threatens your health and career, it threatens the Navy's ability to be mission-ready.

**Drug Use:** According to a recent survey conducted by the Department of Defense, one in eight active duty military personnel are current users of illicit drugs. This is largely driven by prescription drug abuse, reported by one in nine service members—more than double the rate of the civilian population!

- 1 in 8 active duty military personnel are current users of illicit drugs
- 60 percent of the 140,000 veterans in Federal and state prisons struggle with substance abuse
- \$541.7 million dollars in Federal funding has been requested for veterans' treatment programs in fiscal year 2012

**\*\*The bottom line shipmates:** In all of the above, YOU are the key to our success in the Navy! Intervene, speak up and look out for one another . . . don't be the one who stands by and watches a shipmate fall.\*\*

# Energy Conservation: it starts at home

## Balfour Beatty Communities

Using energy wisely at home is an important way for all of us to control our electric costs and reduce our environmental impact—a win-win! Lowering your energy use puts more money back in your pocket and reduces the harmful emissions released into our environment in the energy generation process.

You don't have to overhaul your home or make a major investment to reduce energy consumption. There are many easy, effective things you and your family can do to save energy at home. Here's a list of tips and ideas from Balfour Beatty Communities to get you started.

### Home Appliance Tips

- Opt for short showers over baths. Reducing the amount of hot water you use, and the energy used to heat it, is a cost effective way to lower your energy bills as well as help the environment.
- Wash only full loads of dishes and clothes.
- Wash clothes in cold water. Water heating consumes 90 percent of the energy it takes to operate a clothes washer. Switching the temperature from hot to warm can cut energy use in half. This will also help reduce shrinkage, wear on your clothing and preserve fabric color.
- Activate the high spin speed option. If your clothes washer has spin options, choose a high spin speed or the extended spin option to reduce the amount of remaining moisture in your clothes after washing.
- Clean the lint filter after every load. Do this to improve air circulation and avoid a potential fire hazard.

### Electronic Tips

- Plug home electronics, such as TVs and DVD players, into 'smart' power strips; these power strips can automatically turn several outlets off or on when they detect that the TV

(plugged into the "master outlet") either enters a low powered sleep mode, is turned off, or is turned on.

- If you aren't using smart strips, unplug electronics when not in use; equipment still plugged in can become a "Vampire Load", drawing up to 40 percent of its intended power even in the "off" or "standby" mode.

- Unplug chargers and adapters too. Chargers for cell phones, music players, portable games and other mobile devices continue to draw power even when you remove the device. To eliminate this energy waste, be sure to unplug chargers or turn off the power strip they're plugged in to when you remove the device.

### Cooling Tips

- Utilize window blinds and shades. Closing your blinds, shades or curtains on warm days keeps the sun's rays out and helps keep your home cool. If you have air conditioning it can also help you save energy, blocking as much as 45 percent of the sun's warmth and reducing the load on your AC system.
- Turn off unnecessary lights. Much of the energy from a light bulb is heat.
- On mild days, open windows for natural ventilation and turn the air conditioning off.
- Use portable or ceiling fans. Run ceiling fans counterclockwise for maximum cooling.
- Use small appliances in the kitchen. Use a crock pot, toaster oven, or microwave instead of your full-sized range or oven to keep your home cooler and save energy. These small appliances use only 20-50 percent of the energy needed to power your stove top or oven.



## Colmer Dining Facility Summer Kick Off Meal July 1, 11 a.m. - 12:30 p.m.

Lunch Meal featuring:	Fried Clam Strips	Green Beans
	Fried Shrimp	Colmer Dining Salad Bar
French Onion Soup	Rice Pilaf	Apple Pie
Grilled Steak	Baked Potato Halves	Chocolate Chip Cookies
Grilled Chicken Breast	Corn on the Cob	Yellow Cake



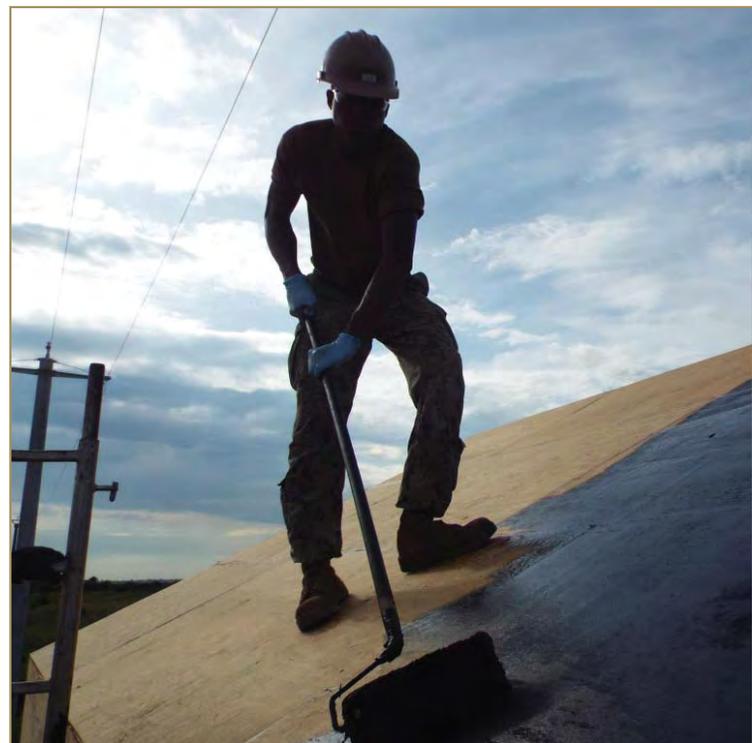
Meal OPEN to Base Civilians and Military Personnel  
CASH will be taken during meal  
Cost: \$4.65



Equipment Operator 1st Class Robert Young attached to Naval Mobile Construction Battalion (NMCB) 74 Detail (DET) Romania spreads sand in preparation for the placement of a septic tank.

# NMCB 74 DET Romania

U.S. Navy photos by Builder Constructionman Sydney Thorne/Released



Top: Engineering Aide Constructionman Deshay Baskin attached to Naval Mobile Construction Battalion (NMCB) 74 DET Romania secures a truss to the top plate of a wall. Middle: Construction Mechanic 2nd Class Charles Poplin attached to NMCB 74 DET Romania applies primer to a wall in preparation for the final paint job. Left: Equipment Operator Constructionman William Wise, assigned to NMCB 74 DET Romania rolls roofing primer onto a rooftop in an effort to weather-proof the roof. Fearless Seabees are expected to return over the next few weeks from six-month deployments to multiple sites including Spain, Romania, Israel, Djibouti, Niger, Cameroon, Africa; Bahrain and the Bahamas, as well as stateside locations in Kentucky and Florida. The battalion will be decommissioned July 25, in a ceremony on board NCBC. NMCB 74 veterans are encouraged to attend the ceremony and are asked to contact Lt.j.g. Michael Crum (michael.r.crum@navy.mil), NMCB 74 Public Affairs Officer.

**SEE SOMETHING, SAY SOMETHING**

Report Suspicious Activity to:

Roy.wertz@navy.mil (228) 871-2105  
 Ronald.perry@navy.mil (228) 871-2104  
 On Base Call, (228) 871-2361, Prompt #3  
 Off Base Call, 911



**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.

# ETX = day and night crews for NMCB 11



Upper left: Steelworker 2nd Class Bradford Jennings assigned to Naval Mobile Construction Battalion (NMCB) 11, writes down information regarding the pallet they are strapping down during an Embark Training Exercise (ETX). This training is a part of the NMCB 11 homeport training period, which heightens knowledge base, essential mobility

skills and command readiness. Lower Left: Seabees assigned to NMCB 11 prepare equipment for loading during an ETX. Right: Builder 3rd Class Michael Nietes assigned to NMCB 11 measures the width of a HUMVEE during an ETX. (U.S. Navy photos by Mass Communication Specialist 1st Class Michael C. Barton/ Released)

From **MISSION** page 1  
defense forces of participating nations can achieve when they're working alongside the host nation," said Schwass. "These projects have supported Timor-Leste's development and they're also vital preparation for our nations working together in times of crisis, such as natural disasters."

U.S. Navy Capt. Rodney Moore, commodore of the 30th Naval Construction Regiment, feels that this was more than just about cinder blocks and dental exams. The true accomplishments from this mission came from working together to improve capability, strengthen local institutions and forge enduring relationships between the four nations.

"Through all of this effort, we were able to gain a deeper understanding of each other's humanity and how we can build bonds by helping others," said Moore. "Through this language of cooperation and teamwork, we empower communities and create lasting positive change. The bonds we have built with our brothers and sisters in arms from Australia, New Zealand, and Timor-Leste defense forces are stronger than the concrete we have placed."

After the ceremony, Natalia de Araujo, vice minister of ethics and services delivery, cut the ribbon to the new emergency room, finalizing the last project involved in PP14.

"I think I can speak for the entire team and

say it has been an incredibly rewarding experience," said Moore. "The close bonds formed by working shoulder to shoulder certainly produced these tangible results that will endure well beyond our time here."

This year, Pacific Partnership features simultaneous seaborne and airborne phases with the airborne phase focused on the nations of Indonesia and Timor-Leste. Medical and engineering personnel will conduct numerous medical, dental and veterinary engagements, along with engineering civil action projects and community relations events. The seaborne phase is a Japanese-led mission and is scheduled to visit Vietnam, Cambodia and the Philippines.

## Commissaries support Feds Feed Families

By **Jessica Rouse**  
DeCA Public Affairs

Commissary employees and customers are working together again this year to collect donations for the Feds Feed Families campaign.

The campaign, which began June 1 and runs through the end of August, collects much-needed items for local food banks. Customers and employees can donate nonperishable food and personal hygiene items to the campaign using marked bins located at the entries or exits of

participating commissaries.

"Contributing to the communities that surround our stores is important to the commissaries," said Vicki Archileti, DeCA's executive director of infrastructure support. "Times are still tough for a lot of families, and with commissaries and our patrons working together we hope to lessen that burden."

Last year, commissaries collected almost 740,000 pounds, or 39 percent of the Department of Defense's total, of items for local food banks.

In 2013, DOD collected over 1.9 million pounds, and donations from the entire federal government totaled 9 million pounds.

Commissaries will again serve as collection points for the campaign. Once the items have been collected the installation will pick up the items and deliver them to a local food bank.

The Naval Construction Battalion Center (NCBC) commissary is selling prepackaged donations packages, which allow customers to purchase the

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# Focus on Education



Anna Reed Galloway, Fleet and Family Support Center (FFSC) Clinical Counselor, reads to NCBC Gulfport Child Development Center (CDC) students during the "Paws to Read" Summer Reading program, June 23. Summer Reading is a four week learning program running until July 18. Parents, civilians and service members are welcome to volunteer. Those interested in volunteering should contact Terry Spikes, Summer Reading Program Coordinator, by calling 228-822-5136, or emailing: [terry.spikes@navy.mil](mailto:terry.spikes@navy.mil). (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

## What does the fox say?

By CE2(SCW) Courtney Demastus  
NCBC Public Affairs

The NCBC Child Development Center (CDC) is hosting its 4th annual iRead Summer Reading Program, and this year's theme is entitled "Paws to Read." The program will run through July 18. Parents, civilians and service members are welcome to join CDC in reading animal-themed books to all children. The Department of Defense strives to encourage children to develop a love for reading and learning, and is the driving force and proud supporters behind summer reading program.

Students who participate in the four-week program show higher scores in math and reading. While Summer Reading supports academic success it also promotes family time. "Summer Reading sounds like a wonderful idea. I think it's great to have parents participating. Literacy ulti-

mately starts at home and now it can be furthered to blossom into a lifelong love for reading," said Yeoman 2nd Class Amie Sarka.

According to the National Summer Learning Association, a conservative estimate of lost instructional time is approximately two months or roughly 22 percent of the school year. It's common for teachers to spend at least a month re-teaching material that students have forgotten over the summer. The program enables teachers to recap on the previous school year instruction. Installations using this program say they save time on the upcoming year's education plan.

The CDC hopes all parents will assist with this program and become involved with the learning of all children. Guest readers can read for 15 minutes during the scheduled hour CDC hosts summer reading. Those who are interested may bring their own books but CDC asks that they follow

animal themes. If parents or volunteers are in need of books, CDC personnel will provide them during their scheduled time of reading. Guest readers are required to sign in at the CDC front desk. Participants may read during the following hours; Mondays, Wednesdays, Fridays, 9 to 10 a.m., and Tuesdays and Thursdays, 2:30 to 3:30 p.m.

Those interested in volunteering for Summer Reading can schedule with Terry Spikes, Summer Reading Program Coordinator, by calling 228-822-5136, or emailing: [terry.spikes@navy.mil](mailto:terry.spikes@navy.mil).

To learn more about iRead Summer Reading Program, visit: <http://ila.org/dodsummer/>. For more information about CDC NCBC Gulfport, visit: [http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport/ffr/support\\_services/families/childand-outhprograms/childdevelopment\\_centers.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/ffr/support_services/families/childand-outhprograms/childdevelopment_centers.html), or call: 228-871-2323.

### Webinar Event

**Free! Free! Free!**

Federal Student Aid Information Session  
July 16 or July 17, 4:30 - 6 p.m. (EST)

Topics:

Title IV Programs  
Loan Repayment Programs  
Public Service Loan Repayment Program  
Federal Student Aid Resources

FAFSA 101 and the Armed Forces

Registration is required: This event is open to everyone, especially members of the Armed Forces stationed around the world.

Live Financial aid information with question and answer via the Internet.

Register at: <http://fsaregistration.ed.gov/d/k4q3f1>



### Want to be a better Dad?

Fleet and Family Support Center  
(FFSC) is sponsoring:

### Effective Fatherhood Classes

Call 228-871-3000 for details



Open to all with authorized access  
to NCBC Gulfport

NCBC School Liaison Officer Kevin Byrd  
MWR, Building 352, 1706 Bainbridge  
Ave

Phone: 228-871-2117  
Email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Summer's bathing suit shopping ordeal

Ah, summer is officially here! This balmiest of seasons evokes sunny scenes of kids running through sprinklers, smoky whiffs of charcoal grills, soft sensations of waves lapping bared toes, and sweet sounds of crickets on steamy starlit nights.

Who doesn't love summer and all that comes with it, right?

But, hold up a minute. Believe it or not, summertime is not all popsicles and dandelions. Actually, this beloved season heralds an annual occurrence that strikes dread in the hearts of military wives like me.

No, I'm not talking about relatively innocuous summer pests like blood-sucking mosquitoes. I'm not referring to comparatively harmless nuisances such as hairdo-wrecking humidity. I'm not even referencing the reasonably annoying obligation of vacationing with relatives.

I'm talking about -- brace yourselves ladies -- bathing suit shopping.

After nine months of covering our delicate and sometimes ample flesh with layers of protective clothing and binding spandex, we women are expected to abruptly strip down and let it all hang out.

Social morays dictate that at the beach or pool, I should don an itchy-bitsy garment that exposes everything but my naughty bits. However, after birthing three large babies and two decades of yo-yo dieting, my abdomen has more rolls than a Mega Pack of Cottonelle. Bikinis are entirely out of the question.

Thus, every year at this time, I am on a quest to find a new one-piece bathing suit for the summer season that lifts, separates,



covers and conceals. Of course, these suits are usually the skirted kind worn by retirees with bunions and flowered swim caps who play bridge on Tuesdays and use denture cream coupons at the commissary.

So, I hit the Exchange, grab an assortment of bathing suits with a combination of style and function, and head for the dressing room.

Ah, the dressing room. That bastion of garish fluorescent lighting and fun house mirrors, where women come to hate themselves. I hang the bathing suits on the hook, and begin to undress.

Considering that it is federal law (or maybe just a local ordinance -- either way, I'm fairly certain you can get arrested for violating it) one must wear underwear when trying on bathing suits in the store dressing room, despite the fact that it is next to impossible to fully appreciate a bathing suit when one is wearing it over a pair of humongous cotton briefs like mine.

And then, comes the moment that every woman on earth dreads. Under the unforgiving fluorescent lights, I face the mirror, stripped down to nothing but my large Jockeys for Her.

No matter that I undress at home every day of my

life, I am always shocked by what I see in the dressing room mirror.

\*Gasp\* What!? Why is that so spongy? Is that a dent in my thigh? When did those get down there? Is that wiggling? Is that hanging over? Seriously? Good Lord . . .

Traumatized, I contemplate giving up on buying a new bathing suit, but always persevere when I remember that my suit from last year always gives me a wedgie. One after the other, I squirm and wiggle my way into those little Lycra instruments of torture, hoping to find one that does not trigger my gag reflex.

Three suits accentuated my ponch. Another highlighted my back fat. A tummy control suit nearly ruptured my spleen. One showed my armpit chicken fat. Another gave me "old lady cleavage." And one had underwire that I feared might puncture my lung.

Finally, I found an ultra supportive suit that was both flattering and had the added bonus of allowing me to breathe by taking frequent shallow gasps.

Eventually, I emerge from the dressing room, battered, broken but not defeated. With my last morsel of humility, I toss the chosen suit to the cashier, relieved that I have found an appropriate garment to enjoy the splash of the surf, the smell of cut grass, and the rejuvenating warmth of summer. My bathing suit shopping ordeal is finally over and I survived. At least until next year.

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

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will be very difficult to have your current or any future spouse or children covered under the plan in the future.

- If you fail to elect SBP at the time of retirement, you may not be able to elect it in the future. One of the only exceptions to this rule is if you were not married at the time of retirement and you get married later and wish to elect SBP for your spouse.

Enrolling in the SBP may be one component of your overall estate plan. When making decisions about your estate you may choose to consult with an accountant, a financial advisor or an attorney for additional assistance.

For more information on SBP, visit: <http://www.dfas.mil/retiredmilitary/provide/sbp.html>.

For questions regarding VA pay, benefits and disability ratings, contact the Department of Veteran's Affairs (VA) at 800-827-1000.

*This article is not intended to substitute for the personal advice of a licensed attorney. For local assistance, please contact the Naval Construction Battalion Center (NCBC) Legal Office by calling 228-871-2620 for an appointment.*

For a listing of legal assistance offices in the Southeast Region, visit:

[http://www.jag.navy.mil/legal\\_services/riso/riso\\_southeast.htm](http://www.jag.navy.mil/legal_services/riso/riso_southeast.htm).

### "Can I Kiss You?"

Featuring Mike Domish

**CBC Gulfport Training Hall**

**July 17 at 1 p.m.**  
➤ Open to All Hands

**July 17 at 3 p.m.**  
➤ NCTC Students only

"The one sexual assault briefing that RAISES THE MORALE of our active duty while giving them "How To" skills they want to implement."  
-Michael P. Davis, CMSgt, USAF-

## Armed Forces Voters Week June 30 - July 7

Armed Forces and Overseas Citizens Voters Week is June 30 - July 7. With the November 4th general election right around the corner, now is the time to register to vote. Voting is one of the fundamental rights enjoyed by U.S. citizens and a freedom that we defend each and every day. Sailors, their family members, and citizens overseas who want to register to vote absentee can complete a Federal Post Card Application (FPCA) online at [FVAP.gov](http://FVAP.gov). Voters who require assistance can contact their command Voting Assistance Officer (VAO) or visit an Installation Voter Assistance Office. The Voting Assistance Officer for NCBC is Roger Hudson, who can be reached at 228-871-2663 or in Building 1 room 229.

**Now let's all get out there and Vote!**

WE BUILD ★ WE FIGHT

# SEABEE

Online  
United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

# NCBC Helping Hands

**OCEAN SPRINGS YMCA SWIM MEET** - The Ocean Springs YMCA is looking for 32 volunteers to assist with a swim meet June 27-29 at 7:45 a.m., and 16 volunteers at 2 p.m. on the same days. Times are flexible. Volunteers will be provided free lunch and/or dinner. Point of contact is Darin Ivey, 228-861-5621.

**SEABEE MEMORIAL CHAPEL** - The Seabee Memorial Chapel is looking for volunteers to help build and decorate props for the upcoming Vacation Bible School. Point of contact is Stacey DuPre at 228-871-2925 or 2454.

**LEAST TERN STEWARDSHIP** - volunteers are needed to spend time at Least Tern beach nesting sites July 4-6, educating people about the importance of staying out of nesting areas while the birds are present. Orientation will take place July 1, at 9 a.m., 2 p.m., or 6 p.m. To volunteer, contact Mozart or Amanda at the Pascagoula River Audubon Center, 228-475-0825 or email aodom@audubon.org.

**28TH STREET ELEMENTARY** - The United Way Summer Reading Program at 28th Street Elementary in Gulfport is looking for volunteers to tutor kindergartners - 3rd graders in reading. Volunteers are asked to donate one hour per week, Monday - Friday, between July 7 and Aug. 7. Point of contact is Mary Tell, 228-896-2213 extension 24.

**HARRISON CENTRAL HIGH SCHOOL** - Volunteers are needed to build lockers for the HCHS volleyball team's locker room. Plans, tools and supplies will be provided. Project needs to be completed before the season begins in August. Point of contact is Lisa Sigworth, 228-326-7674.

**CITY OF GULFPORT BACK TO SCHOOL HEALTH/WELLNESS**

**FAIR/FUN RUN** - The City of Gulfport is looking for volunteers for the Back to School Health and Wellness Fair and Fun Run at Jones Park, Aug. 2. Anyone interested in setting up a booth to demonstrate health and/or wellness associated with the military, or possibly set up a military-style obstacle course contact Katie King at: 228-868-5883.

**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@disability-connection.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.salvation-army.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](http://www.usovolunteer.org). This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

**Have an Opinion?** The Navy Exchange (NEX) is looking for input regarding food options on board NCBC. Love

'em? Hate 'em? Let them know by taking a short survey at: [https://www.nexresearch.com/nex\\_food](https://www.nexresearch.com/nex_food)

## 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**

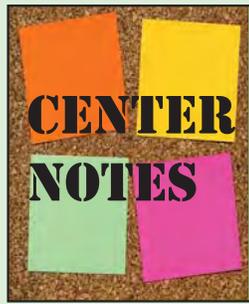
- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

**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)

**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 meetings will be at 5 p.m., for approximately 30 minutes Aug. 4 and Nov. 3.



**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 Cen-

ter. 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@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.org](http://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 nationwide 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.

**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 class-

room. 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 at-

tend. 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 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](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

**HERITAGE**

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. 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.



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901 CBC 3rd Street,  
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228-575-5224

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228-575-5225, Copies,  
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Office hours: Monday - Friday, 8 a.m. - 4 p.m.

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bags and then drop them in the collection bins before leaving the store.

The most-needed items for donations include:

- Canned vegetables – low sodium, no salt
- Canned fruits – in light syrup or its own juices
- Canned proteins – tuna, salmon, chicken, peanut butter and beans
- Soups – beef stew, chili, chicken noodle, turkey or rice
- Condiments – tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils
- Snacks – individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers
- Multi grain cereal
- 100 percent juice – all sizes, including juice boxes
- Grains – brown and white rice, oatmeal, bulgur, quinoa, couscous, pasta, and macaroni and cheese
- Paper products and household items – paper towels, napkins, cleaning supplies
- Hygiene items – diapers, deodorants (men and women),

feminine products, toilet paper, tissues, soap, toothpaste and shampoo

Although no goals have been established for the 2014 campaign, the commissaries are confident that with the help of its patrons and employees the 2013 totals will be exceeded.

"For the last three years our patrons and employees have never failed to make this campaign a success," said Archileti. "We are looking forward to another great campaign year."

**Your Participation Will Make a Difference**

NCBC Drop off Locations

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



Points of contact:  
Lt. Cmdr. Roy: 720-466-9746  
[charles.roy@navy.mil](mailto:charles.roy@navy.mil)  
BU3 Falls: 228-871-2454  
[erin.falls@navy.mil](mailto:erin.falls@navy.mil)



**FITNESS CENTER  
EXTENDED POOL HOURS!**

Call (228) 871-2668  
for more information.  
Monday-Friday  
5:30 a.m. – 7 p.m.  
Saturday-Sunday  
9:30 a.m. – 4 p.m.

**AUTO HOBBY SHOP  
6 NEW OPERATIONAL LIFTS**

Call (228) 871-2804  
for more information.

**VEHICLE STORAGE  
11 NEW 40' SPOTS!**

Call (228) 871-2804  
for more information.

**FITNESS CENTER**

**BASKETBALL LEAGUE BEGINS  
JULY 8**

**CORE45 CLASS BEGINS JULY 8  
ZUMBA CLASS BEGINS JULY 14**

**AQUATICS**

**SWIM LESSONS ALL MONTH**

**SWIM FIT4KIDS  
TUESDAYS AND THURSDAYS  
11:30-12:30 P.M.**

**CDC**

**WATERPLAY  
EVERY TUES & THURS  
(WEATHER PERMITTING)**

**SUMMER READING PROGRAM  
PAWS TO READ, ALL MONTH**

**CONTACT US!**

**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:	
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

**OUTDOOR RECREATION**

**JULY SPECIAL  
BOAT RENTAL PACKAGE  
15' FOR \$44 17' FOR \$49**

**BEEHIVE**

**WORLD CUP SHOWING  
JULY 13 1-6 P.M.  
FREE NACHO BAR**

**ITT**

**GULF ISLANDS WATERPARK  
1 DAY PASSES FOR \$20  
OR CUSTOMIZE YOUR OWN  
ATLANTA AWAKENING TRIP!**