

# SEABEE COURIER



As Navy Marine Corps Relief Society (NMCRS) Director Alice Huffman looks on, NCBC Gulfport's Commanding Officer, Capt. Paul Odenthal makes his donation to NMCRS at a kick off breakfast at Colmer Dining Facility on board NCBC Gulfport, March 2. The 2015 NMCRS Active Duty Fund Drive runs through May 1. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

## NMCRS kicks off annual active duty fund drive

By BUCN Elizabeth Mills  
NCBC Public Affairs

"The Navy Marine Corps Relief Society (NMCRS) kicked off the 2015 Active Duty Fund Drive on board Naval Construction Battalion Center (NCBC) Gulfport, March 2. The purpose of the kick off was to promote awareness of the programs and services available to active duty Sailors and Marines and to raise funds to support the programs and services they offer.

NMCRS was founded in 1904 by several naval officers, spouses, and civilian friends who saw the need for more formal and organized assistance. Initial funding came from the proceeds of the 1903 Army-Navy football game. In its first year, NMCRS gave \$9,500 to widows and families of enlisted

men. For over a century, NMCRS has expanded its services and programs to support the changing needs of service members and their families.

According to NCBC Gulfport's NMCRS Director, Alice Huffman, this year's Active Duty Fund Drive runs from March 1 to May 1 and will conclude with a "Run for Relief" 5K May 1.

"I would like 100 percent contact this year," Huffman said. "An increase in the 2015 Active Duty Fund Drive would be nice, but for me I would like for people to know what NMCRS has to offer."

Huffman said that NMCRS offers many programs such as: emergency financial assistance; quick assist loans (active duty only); disaster assistance; budget counseling and

See **NMCRS** page 5

## NMCB 11 supports Marshall Islands



KWAJALEIN ATOLL, Marshall Islands - Builder 2nd Class Cody Ray, right, and Construction Mechanic 3rd Class John Borra of Naval Mobile Construction Battalion (NMCB) 11, Construction Civic Action Detail (CCAD) Marshall Islands install forms to repair a window at the United States Army Garrison-Kwajalein Atoll Veterinarian Clinic in support of Public Works, Republic of Marshall Islands. NMCB 11 CCAD Marshall Islands is deployed to Kwajalein Atoll to complete humanitarian construction alongside local workers and conduct community engagement programs. (U.S. Navy photo by Builder 1st Class Garnett Whitmire/Released)

For more on **NMCB 11**, see page 6

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## Road Closures

The intersection of Bainbridge and Brown Ave. will be closed March 14, from 8 a.m. – 5 p.m., for maintenance. Please avoid the area if possible and watch out for construction workers.



The sidewalk, curb and south lane of Morrell Ave., from Fifth Street to Marvin Shields Blvd., will be undergoing reconfiguration construction March 13 - 31. The work will also affect the parking of building 316. One lane of traffic on the street will be closed periodically throughout the duration of work. Flagmen will be present to direct traffic during those periods.

## Public Affairs Survey

From NCBC Public Affairs <https://www.surveymonkey.com/s/PXJLMBR>.

Naval Construction Battalion Center (NCBC) Public Affairs (PA) has created a short survey on PA products and services available to customers. Your feedback is very important to us.

We would appreciate it if you would take a few moments to fill out the survey so we can provide you with the best possible customer service in the future.

The survey is open until March 27 and available at: <https://www.surveymonkey.com/s/PXJLMBR> or 228-871-2699 or 228-871-3662.

## Did You Know?

The Navy-Marine Corps Relief Society (NMCRS) is the only military aid society which provides registered nurses who make free home visits to newborns and their parents, elderly retirees, widows and widowers, and those who are on bed rest or shut-in because of illness.




## 2015 Sexual Assault Awareness & Prevention Annual 5k

**When: April 24, 9 a.m. – 1 p.m.**  
**Where: Ladd Circle**



Free T-Shirt for race participants  
 Prizes for 1st place male & female-\$50  
 Visa Gift Card Snacks and lunch provided after race  
 Sign up @ the gym, Fleet & Family, or your battalion



## The Sailor's Creed

I am a United States Sailor.  
 I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.  
 I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.  
 I proudly serve my country's Navy combat team with Honor, Courage and Commitment.  
 I am committed to excellence and the fair treatment of all.

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.



Ensign Nathan Cintula attached to Naval Mobile Construction Battalion (NMCB) 1 and his wife, Rachel work out together at the Fitness Center on board NCBC Gulfport, March 6. For more information on the numerous programs and amenities available at the Fitness Center, call 228-871-2668. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Information Technology Director Jana Landers helps herself to a slice of birthday cake at a special meal celebrating 73 years of Seabee history on board NCBC Gulfport, March 5. The Colmer Dining Facility menu featured prime rib and grilled teriyaki salmon, as well as cake, coconut cream pie and cookies. Everyone with authorized access to the Center was invited. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)



Sailors take the Navy-wide first class petty officer advancement exam on board NCBC Gulfport, March 5. The Navy-wide second class petty officer advancement exam is March 12 and the Navy-wide third class petty officer advancement exam is March 19. Sailors will find out if they are advanced to the next higher pay grade when results are posted in May. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

**DLA Energy Military Fuel Station back in service** - The DLA Energy Military Fuel Station will be fully operational March 16 and the temporary Military Fuel Station will be decommissioned.



# Buzz on the Street

By CE3 Dustie Bond

*In recognition of Women's History Month we are asking: "What woman from history or in your own life has inspired you?"*



**BUCN Rodney Robinson**  
NMCB 11  
Hometown: Memphis, Tenn.

"My wife, Dulce Robinson, has influenced me to better myself for our family."



**EO3(SCW) Sara Bills**  
CBC  
Hometown: Romeoville, Ill.

"A famous young lady in history who has inspired me Malala Yousafzai, from Pakistan. She stood up for what she believed in, which was education. In the process of standing up for herself and for other women, she was shot by the Taliban. She survived and ending up winning the Nobel Peace Prize."



**EACN(SCW) Daniel Walkowski**  
NMCB 133  
Hometown: Columbus, Mich.

"My mother, Denise Walkowski. She taught me to never give up and to do my best."

## Problem-solving class can help you reach goals

By **MCCS(SCW) Jeffrey J. Pierce**  
NCBC Public Affairs

The Behavioral Health Department of the Branch Medical Clinic on board Naval Construction Battalion Center (NCBC) Gulfport now offers "Moving Forward," a problem-solving class designed to help people achieve their life's goals.

According to Lt. j.g. Julie Bishop, a licensed clinical social worker and Moving Forward's instructor, classes are held Friday afternoons at 12:30 p.m. Each class runs for an hour to an hour and a half. The class is taught in a group environment with up to 10 people in each class and a new class starts every four weeks.

"Group settings allow people to share their ideas on what works and what doesn't," Bishop said. The more feedback you have, the more ideas you for solving a problem."

Bishop said Moving Forward is an educational program that was developed to help service members become more successful in reaching their life's goals. The class teaches practical problem-solving skills to help people overcome



**Lt. j.g. Julie Bishop, a licensed clinical social worker and Moving Forward's instructor reviews problem-solving techniques with her class. Moving Forward classes are held Friday afternoons at 12:30 p.m. and run for an hour to an hour and a half depending on the lesson plan. For more information, contact Behavioral Health at 228-822-5710.** (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

obstacles that often stand in the way. These skills can help service members overcome low motivation, negative moods and negative attitude.

"The more successful you are in overcoming obstacles to reaching your goals, the less stress you will experience," Bishop said. "The less stress you have, the better your overall physical and mental well-being."

According to Bishop, these skills can be applied to any problem a service member may face. These may include: returning from deployment; getting married or divorced; dealing with financial difficulties; deciding to stay in or transition out of the service; trying to be more optimistic about the future, etc.

"I enjoy teaching these classes," Bishop said. "As a former enlisted Sailor, I know that problem solving can be crucial to your success in the Navy."

Classes are open to active duty, reserves and retirees from any branch of service. For more information, contact Behavioral Health at 228-822-5710.

**Energy Savings Tip:** Use standby mode, not idle – the average American spends more than 8 hours a day looking at screens on various electronic devices. From the office, to the store, to our homes, electronic devices are everywhere and we use them constantly. Enable the energy saving settings on your computer and peripherals. Find these settings in the Power Options menu in your computer's control panel. An idle computer uses 20 to 50 times the power of a computer in standby mode. Energy Star estimates that power management can save up to \$75 per desktop computer and monitor each year.



### Keep What You've Earned

We work every day to be faster, stronger and smarter. Don't poison yourself by "getting wasted" this weekend. If you are over 21, you don't have to abstain, but remember, if you do drink too much you could end up at the hospital, or worse!





# WOMEN'S HISTORY MONTH

Weaving the Stories of Women's Lives

Since 1987, Women's National History Month has commemorated the diverse contributions women have made, and continue to make, to our nation.

## Women continue their march into military history

By **CE3 Dustie Bond**  
NCBC Public Affairs

Women have been a part of the U.S. military for hundreds of years, whether as nurses, spies, pilots or women who simply took up arms in defense of their country. Since the founding of our country women have made an impact through their service to our military and our country.

Starting in 1775, women served as ma- trons at Army hospitals, as cooks, laundress- es, ammunition carriers and water bearers. There were even women who disguised themselves as men to take up arms.

During the Civil War (1861-1865) women contributed as battlefield nurses, civilian spies, uniformed fighters disguised as men. Mary Edwards Walker, a surgeon volunteer with the Union Army, was one of these women. She survived several major battles and was held for months as a prisoner of war. She is the only woman in history to have been awarded the Medal of Honor.

In 1901, the Army established its Nurse Corps making women an official part of the U.S. armed forces. The Navy followed suit in 1908, with the "Sacred Twenty" who served

*From the women who served aboard the first Navy hospital ship in 1862 to the first woman 4-star admiral in 2014, women have served on both sea and land.*

*Today women make up 17 per- cent of the Navy's active and Reserve members, with 59,000 active duty members and more than 9,000 Reserve personnel.*

as the first Navy nurses. During World War I more the 30,000 women enlisted in the military. Most were nurses or clerks, and some even braved the enemy in France as telephone operators.

The Navy approved the enlistment of women in 1917, who were most commonly known as yeomanettes. Women served in clerical positions, translators, draftsmen, finger print experts, ship camouflage experts and recruiting agents.

During World War II (1942) women re- turned after 23 years of absence to the

general Navy service as Women Accepted for Volunteer Emergency Service (WAVES).

In 1967, Congress passed the Women's Armed Services Integration Act, lifting the two percent cap on women personnel in the military and the restrictions on rank.

Between the years 1990 and 1992, more than 40,000 women served in the Persian Gulf War. They made up seven percent of the combat force.

In 2005, the Army placed women in sup- port units on the front lines of Iraq citing manpower shortages.

In 2012, the Department of Defense scraped its "co-location prohibition" on wom- en serving with men in combat zones and announced that 14,000 positions would be opened to women on an experimental basis. The services were also directed to develop gender-neutral standards for physically de- manded job-related tasks.

Present day women in uniform have plenty to look forward to. The deadline for branch- es of the armed services to develop and validate gender-neutral standards for all jobs is September, 2015. By January of 2016, the full integration of women into all military jobs is expected.

To celebrate Women's History Month, the United States Navy created a timeline infographic at:

<http://linkis.com/navylive.dodlive.mil/FAm3M>

### 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

### Lighting Efficiency Tips

From Installation Energy Manager



1. Get into the habit of turning off lights when you leave a room.
2. Use natural daylight and reduce or eliminate artificial lighting when possible.
3. Use task lighting when you need lighting in one small area and then reduce back ground or ambient light levels.
4. Report lights left on when they are not needed to your base energy team or to public works staff. Automatic controls or a different type of lighting system may fix the problem.
5. If you can't find a light switch, report it.

From NMCRS page 1

financial management; combat casualty as- sistance; the visiting nurse program; educa- tion assistance; budget for baby workshops and Thrift Shops. The programs are available to active duty Navy and Marine Corps person-

nel and their spouses as well as Navy and Marine Corps retirees and their spouses.

For more information on this year's NMCRS Ac- tive Duty Fund Drive go to [www.nmcrsfunddrive.org/gulfport](http://www.nmcrsfunddrive.org/gulfport) or contact Lt. Scott Niezgoda at 228-871-3356 or email at [scott.niezgoda@navy.mil](mailto:scott.niezgoda@navy.mil). 5

# NMCB 11 FRG Seabee Birthday Party



Members of Naval Mobile Construction Battalion (NMCB) 11's Family Readiness Group (FRG) celebrate the 73rd Anniversary of the Seabees with a birthday party at Seabee Lake, March 7. Family members of all ages commemorated the special day with food, games and fellowship. Top left: Michelle Barkley, NMCB 11 Family Readiness Group president cuts into the Seabee birthday cake. Bottom left: NMCB 11 We-Bees are having fun during a sack race at the FRG Seabee birthday party. (U.S. Navy photos courtesy of NMCB 11 Family Readiness Group/Released)

March 12, 2015

## Well-wishers turn out to mark Seabee Anniversary



Retired Senior Chief Builder Billy Abston, left, and Builder 3rd Class Tia Sprowl, centered, of Naval Mobile Construction Battalion (NMCB) 11, Construction Civic Action Detail (CCAD) join together for the "Cake Cutting Ceremony" during the 2015 Marshall Islands Seabee Ball. It is traditional for the oldest and youngest Seabee present at the ball to cut the cake. NMCB 11 CCAD Marshall Islands is deployed to Kwajalein Atoll to complete humanitarian construction alongside local workers and conduct community engagement programs. (U.S. Navy photo by Builder 1st Class Garnett Whitmire/Released)



Builder Constructionman Matthew Goodrich, left, of Boston, and guest of honor Jack Haigwood cut a birthday cake aboard Sunset Watersports' Sandie Cat in honor of the Seabees' 73rd birthday. Haigwood is a retired construction mechanic 3rd class who fought in the Vietnam War. Seabees stationed at Naval Air Station Key West, along with guests and spouses, celebrated the birthday, which was March 5, 1942, with a sunset cruise from Key West's Historic Seaport. (U.S. Navy photo by Mass Communication Specialist 1st Class Brian Morales/ Released)

Seabee Courier

# Moreell Award goes to NMCB 11 operations officer

By NAVFAC HQ Public Affairs

Lt. Cmdr. Andrew W. Olsen, CEC, is the recipient of the 2014 Moreell Medal. As operations officer, Naval Mobile Construction Battalion (NMCB) 11, he displayed inspirational leadership and unsurpassed professional expertise while leading the battalion through the completion of a challenging worldwide deployment and homeport period.

After recognizing a gap in training, Olsen personally developed a construction project management course for NMCB 11. His curriculum was quickly adopted by Naval Construction Group (NCG) 2 as the standard and promulgated to its subordinate commands for execution.

Olsen integrated the project management curriculum into Seabee technical training, combining hands-on construction skills with project management practice. He also led the battalion through receipt of the first full table of al-

lowance (TOA).

In addition to his operations officer duties, Olsen took on the duties of training officer when the billet was gapped for five months. He balanced operational and training requirements for 13 certification exercises, over 15,000 man days of formal classes, 14 lanes of instruction at the Seabee tech trainer, six unit-level training exercises and eight construction projects.

Olsen's outstanding leadership, superb performance and exceptional skill as a military engineer clearly justify his selection for this award, and reflect great credit upon himself, the Naval Construction Force and the U.S. Navy.

The Moreell Medal is presented annually by the Society of American Military Engineers (SAME) to an officer of the Navy Civil Engineer Corps (CEC), active or reserve, or to a civilian employee of the Naval Facilities Engineering Command (NAVFAC) in recognition of outstanding contribution to



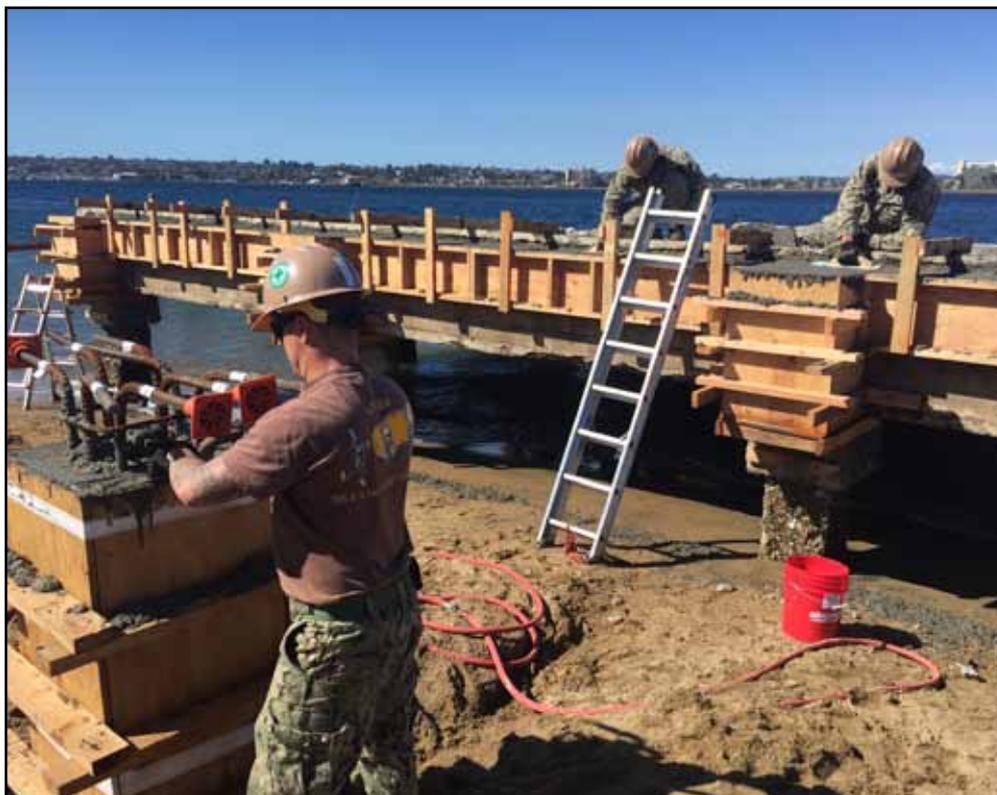
The 2014 Moreell Medal recipient, Lt. Cmdr Andrew Olsen, NMCB 11's operations officer, stands in front of the troops during the battalion's change of command, Gulfport, Nov. 21. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

military engineering.

The award is named in honor of Adm. Ben Moreell, CEC, who served as the chief of the Bureau of Yards and Docks (later known

as NAVFAC) and chief of the CEC from 1937-1945. Known as the "Father of the Seabees," Moreell established the Naval Construction Force in 1942.

## Underwater Construction Team 2 repairs seaplane ramp



Above: Seabees assigned to Underwater Construction Team (UCT) 2's Construction Dive Detachment Bravo, finish concrete on a ramp project. The detachment is repairing an old seaplane ramp for use as a boat ramp by various expeditionary and special warfare units in Coronado, Calif. Left: Builder 2nd Class Andrew Quiroga and Utilitiesman 1st Class Tony Marchefka, assigned to UCT 2's Construction Dive Detachment Bravo, finish a concrete support ledger for new precast concrete panels. (U.S. Navy photos by Chief Builder Jason Cortez/Released)

# Focus on Education

## Education Notes

### Coastline Community College

Registration for Coastline Community College's Spring "B" term is open until March 30. The spring "B" terms begins April 6 and ends May 31. Additional information can be obtained by calling Dr. David Drye at 228-871-3439, DDRYE@COASTLINE.EDU or visiting the Navy College Office in Building 60, Room 239.

### Civilian Course Opportunities

In order to hold the following course on board NCBC Gulfport, minimum student enrollment numbers must increase. All completed SF182's must be submitted prior to registration deadline. Point of contact for further information is Berlinda McIntyre, [berlinda.mcintyre@navy.mil](mailto:berlinda.mcintyre@navy.mil), 228-871-2519, Fax: 228-871-2400. Course: Personnel Management for Managers and Supervisors: 3 people are needed to make this course run. Date: April 28 - May 1, Cost: \$389, Registration deadline: April 2.

### Naval Special Warfare Development Group Briefs, Pre-Screenings

Naval Special Warfare Development Group will be on board NCBC March 24 and 25 at 10 a.m. and 1 p.m., in Building 433 (Tactical Training Facility), classroom 156. No appointment is necessary; the brief is approximately 45 minutes. CPO's and NC's are highly encouraged to attend. Are you a Seabee, YN, PS, HM, GM, or other support rate that's ready for something different; a challenging assignment? Naval Special Warfare Development Group might be the place for you. We work hand-in-hand with SEAL, SWCC, and EOD personnel to research, develop, test, and evaluate current and emerging technologies in Maritime, Ground, and Airborne Tactics for use by Special Forces. This is a Type 2 sea duty located in Virginia Beach, VA where all personnel are extensively screened. If you like to work hard, operate outside the box, and can qualify for this demanding job, then we will offer you unique training & experiences unlike any other duty station. All personnel receive SDAP and are eligible for the EXW and IDW pin. We're looking for E4 to E6's in the following rates: BU, CE, CM, EO, SW, UT, ET, GM, HM, IT, IS, MC, PS, LS, EA, and YN.

### State Dept Briefs, Pre-Screenings

Are you ready for something different and challenging? – Come to the U.S. Department of State Information Session March 24 and 25, from 9 - 11 a.m., in Building 433 (Tactical Training Facility) Room 152. The program is open to CPO's, First and Second Class Petty Officers who are Builders, Construction Electricians, Construction Mechanics, Utilitiesmen and Steelworkers. Interested family members are welcome to attend!

### BBC Foundation Scholarships

Do you have a child that is a high school senior, undergraduate or graduate student? Balfour Beatty Communities Foundation, a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a BBC property, is now accepting applications for its 2015/2016 academic scholarship program! Applications and more information can be accessed on the Foundation's website at [bbcommunitiesfoundation.org](http://bbcommunitiesfoundation.org). Deadline to apply is April 15.

**“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” Dr. Seuss**



Students and teachers celebrate Dr. Seuss Day at the Child Development Center on board NCBC Gulfport, March 10. Teachers read Dr. Seuss books aloud to the children during story time and green eggs and ham was served for lunch. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

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

## JOB FAIR

Career Job Fair, March 25, 10 a.m. - 2 p.m.  
Fleet and Family Support Center, (Bldg 30)  
Call 228-871-3000 for additional information



## SEABEE DAY 2015

NAVAL CONSTRUCTION BATTALION CENTER  
GULFPORT, MISS.

**April 11, 2015**  
**9 a.m. to 4 p.m.**  
Free Community Event  
Open to the Public  
[www.seabee.org](http://www.seabee.org)



# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Military life makes for fast friends

What makes a true friend?

We could wax philosophic on the issue, carefully tempering real-life accounts with the well-researched results of valid clinical studies of human behavior and sociology.

Or, we could just Google it.

WikiHow.com has an impressive list of tips to help you decide whether your friend is true, and as an added bonus, each tip is accompanied by a delightfully gender-neutral cartoon illustration. According to the WikiHow authors -- who I imagine in a dank sweatshop in the basement of some corporate high-rise, tapping away at long banks of dusty computer terminals -- true friends give support, listen, don't badmouth, stick to their word, have no secret agenda, and are super-fun to hang out with.

Just under the Stayfree ad, HuffingtonPost.com author Lindsay Holmes says that there are "11 Signs of a Genuine Friendship", and these include "being present" and "having our backs." On PsychologyToday.com, Dr. Alex Lickerman turns Japanese, submitting that true friendship is marked by a certain chemistry known in Japan as "kenzoku." And on a chubby little site known as TinyBuddha.com, Lori Deschene offers an exhaustive list of the "25 Ways to Be a True Friend."

Despite the fact that I spent a whole 27 minutes scanning Google, my scientifically inadequate research did not turn up one expert, author, blogger or internet wacko who mentioned the length of the relationship. As a military spouse, this is a relief, because if we were required to "be present" with a friend for a long period of time, military spouses wouldn't have many

friends at all.

Most military families move every two or three years. When we leave one duty station for another, we say good-bye to the friends we made there, keeping in touch through Holiday cards and social media. At our new duty stations, we slowly form new relationships. Our "friends" become those people in our immediate location -- whether we live on base or on the economy -- even though we have other long-term friends far away.

So, when we have a party, we need someone to pick us up from the auto mechanic, we need a name for the "emergency contact" on our kids' school forms, or we're just looking for someone to sit in the driveway and drink wine with, we call our "friends" in the local area.

When significant events (birth, illness, loss) happen in the lives of military families, the length of their relationships has no bearing on their friends' desire to help out. For example, when I had an early miscarriage while stationed at JAC Molesworth in England, we were touched by the flowers, cards, condolences and phone calls from other military families we hardly knew. Similarly, while stationed at Naval Station Mayport, Florida, I signed up to make a meal for a new family who moved into base housing and just had a baby. I rang their doorbell on my assigned night and said, "Hi, you don't know me. I'm Lisa, and I live down the street. I made you a Shepherd's Pie ... can I see the baby?"

Military life is unique, and our friendships differ from civilian culture in that camaraderie forms the basis of many of our relation-



ships. We value unspoken trust and support among people working for a common cause, without regard to the length of the relationship.

So when your new civilian friend has a significant event in her life, she may think it's a little odd when you show up with a lasagna, offer to drive her kids to school, and mop her kitchen floor. But do it anyway. You may have only met her two months ago in the preschool pick up line, but she is your friend and she needs help.

She'll eventually understand that, even though military friends don't always fit those internet checklists, they more than make up for any shortcomings in shared history with loyalty, sincerity and dedication.

And that, my friend, is a major "check in the box."

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

## Top Shooting Competition

Military personnel on board NCBC Gulfport are invited to participate in a Top Shooting Competition 8 a.m.

– noon, March 13 in the old gym (building 361). The competition is designed to promote good combat shooting fundamentals and enhance techniques. This event will decide which person and unit on the Center has the highest combat shooting skills throughout the 10-event competition. One team and one individual will be crowned Top Shooters. Scoring will be based on accuracy and speed, calculated by the Synthetic Shooting System. Beginning March 9, the facility will be open 8 a.m. – 3:30 p.m. so that personnel can come in and sharpen their skills for the competition. The Top Shooting Competition will utilize Synthetic range and rifles located in the facility. For more information and to pre-register, contact: Chief Builder Mark Dickey, NCG2, mark.j.dickey@navy.mil or 228-392-6267.

## Stars and Stripes Golf Tournament for USO Gulf Coast

Hickory Hill Country Club  
900 Hickory Hill Drive  
Gautier  
April 25  
Registration/Breakfast:  
7 a.m., Shotgun  
start: 8 a.m.

4 Person Scramble  
Entry Fee: \$300 per 4 person team (\$75 per player) Includes breakfast, greens fee, cart fee, range balls and lunch. Visit <https://usostarsandstripes.eventbrite.com> to register on line or contact Bobby Lamb (robert.lamb@hii-ingalls.com; 228-935-1277 or 228-257-9420

## Energy Savings Tip:

Use standby mode, not idle – the average American spends more than 8 hours a day looking at screens on various electronic devices. From the office, to the store, to our homes, electronic devices are everywhere and we use them constantly. Enable the energy sav-

ing settings on your computer and peripherals. Find these settings in the Power Options menu in your computer's control panel. An idle computer uses 20 to 50 times the power of a computer in standby mode. Energy Star estimates that power management can save up to \$75 per desktop computer and monitor each year.



# NCBC Helping Hands

**GULFPORT HIGH SCHOOL FINANCIAL MENTORS** - Gulfport High School is asking for volunteers to serve as mentors to students during a "Mad City Money" life experience challenge March 20. The high school's Personal Finance classes will soon get to experience life challenges and changes and make decisions about their future, all in just over an hour! Mentor training begins at 1 p.m., and the challenge takes place at 2:15 p.m. Volunteers from the community act as mentors for each piece of the budgeting puzzle. Of course, students want to remain in the positive side of income versus expenses, but there are also goals for savings and expendable income. Point of contact for more information or to volunteer is Nick Gault, Personal Finance teacher at: [nick.gault@gulfportshools.org](mailto:nick.gault@gulfportshools.org) or 228-896-7525.

**BETHESDA FREE CLINIC** - The Bethesda Free Clinic of Ocean Springs will be sponsoring booths at Ron Meyers Harbor Fest, March 28, 10 a.m. to 8 p.m. at Jones Park in Gulfport. Volunteers are needed at both the events to help with setting up and breaking down booths, passing out flyers, etc. Volunteers may sign up to help all day or any hours that would be convenient. To volunteer, contact Teresa Dubuisson, 228-818-9191 or email [info@bfhcd.com](mailto:info@bfhcd.com).

**RED CROSS EVERYDAY HEROES** - The American Red Cross sets aside the month of March to recognize the nation's Everyday Heroes who help those in need in their community. We are looking for individuals to discover their "inner hero" by giving time as a volunteer. Specifically, we are asking servicemen and women to join us in promoting the Everyday Heroes by volunteering to "shake the can" at an Every Red Cent Counts event, from 10 a.m. - 6 p.m., March 13 and March 14, at the Gulfport Walmart Supercenter on Hwy 49 and the Pass Christian Walmart on Hwy 90. Volunteers can work one hour, or more and will be provided with a table with handouts, Red Cross cans and vests. Point of contact is Michelle Wilson, 228-896-4512 or [michell.wilson@redcross.org](mailto:michell.wilson@redcross.org).

**GULF COAST BIG RIG TRUCK SHOW** - Gulf Coast Big Rig Truck Show is looking for volunteers to help with registration and other duties at their event March 20 - 21 at the Mississippi Coast Coliseum & Convention

Center in Biloxi. The show benefits the Wounded Warriors Project. For show details, visit: [www.GulfCoastBigRigTruckShow.com](http://www.GulfCoastBigRigTruckShow.com). To volunteer, call Jim McCleney, 985-630-9171.

**MISSISSIPPI GOLF RESORT CLASSIC** - Would you like to get an inside-the-ropes view as golf legends play during the Mississippi Gulf Resort Classic (MGRC), March 26-29. Habitat for Humanity Mississippi Gulf Coast (HFHMGC) is the tournament's benefiting charity, as well as the official sponsor for the 18th Hole. As the sponsor, HFHMGC needs volunteer marshals for the entire tournament. Volunteers will receive a golf shirt, and a lunch voucher. Volunteers who complete three shifts also get other perks, including a free round at Grand Bear. Shifts will be approximately noon to 5 p.m. Volunteers should plan to park about 1 hour prior to their shift and check in 30 minutes prior to their shift start time. Marshals also handle noise control in the sky boxes so if someone is mobility limited, that gives them a chance to participate. Contact Adele at [alyons@hfhmgc.org](mailto:alyons@hfhmgc.org) for registration information.

**ART IN THE PASS** - Pass Christian is hosting the Art in the Pass art show April 10-12, 10 a.m. - 5 p.m., at War Memorial Park. Volunteers are needed to work two hour shifts to: help artist set up booths, carry and help set up sound equipment on gazebo stage, set up tents, tables, chairs and displays, perform routine park maintenance, assist food vendors in setting up and maintaining their areas, selling tickets, welcoming visitors and tending to scholarship boxes. Volunteers are needed April 10, 11 a.m. - 4:30 p.m., April 11 and 12, 8 a.m. - 5 p.m. Point of contact is Martha Hawkins, 228-265-2955; Jane Parrish, 228-596-3363/[jparrish46@gmail.com](mailto:jparrish46@gmail.com) or Jamie Bridger, 228-363-0450/[jbridger49@aol.com](mailto:jbridger49@aol.com).

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

**READING TUTORS** - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in

the classroom to offer assistance. Email [nancy.miller@gulfportschools.org](mailto:nancy.miller@gulfportschools.org) or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email [tammie.gray@gulfportschools.org](mailto:tammie.gray@gulfportschools.org) or call 228-865-1933 to volunteer.

**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](mailto:Region63@juno.com) or 850-890-6792.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@[uss.salvationarmy.org](mailto:uss.salvationarmy.org).

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

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

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

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

March 12, 2015

## Seabee Memorial Chapel

### Religious Services

Sunday:

Catholic Mass: 9 a.m.

Protestant: 10:30 a.m.

Weekday Mass:

Monday, Tuesday, Friday,

11:15 a.m.



### NCBC Center Chaplain:

**Lt. Cmdr. Ammie Davis, Chaplain**

### Workshops with You in Mind

March 16-17:ASIST; March 26 - 27: PREP

The Chapel is currently undergoing renovations and events schedule will be subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events: <https://www.facebook.com/ncbccchapel>, email us at [gulfportchapel.fct@navy.mil](mailto:gulfportchapel.fct@navy.mil) with any questions, or call us at 228-871-2454.

## What's happening at the Chapel?

**Sundays:** The Rosary/Confession: 8:30 a.m., Protestant Sunday School: 9:15 a.m., Catholic Mass: 9 a.m., Catholic CCD Class (Confraternity of Christian Doctrine): 10:30 a.m., Protestant Service: 10:30 a.m.

**Mondays:** Catholic Mass: 11:15 a.m.

**Tuesdays:** Catholic Mass: 11:15 a.m.

**Wednesdays:** Praise Break: 11:30 a.m. (20 minutes of praise and worship through music); Protestant Women of the Chapel Bible Study: Noon - 1 p.m.

**Thursdays:** Catholic Holy Hour: 5 p.m., Catholic Mass: 6 p.m., Catholic Fellowship: 6:30 p.m., Catholic Bible Study: 7 p.m.

**Fridays:** Catholic Mass: 11:15 a.m.

### Stations of the Cross

Thursday-Friday: 6 p.m., Feb. 27 - March 29

### Holy Week

Palm Sunday: March 29

Holy Thursday: April 2

Catholic Mass : 6 p.m.

Good Friday: April 3

Protestant Service: 11:30 a.m.

Catholic Service: 6 p.m.

Holy Saturday: April 4

Catholic Mass: 7 p.m.

Resurrection Sunday: April 5 at Seabee Lake

Sunrise service: 6 a.m.

Sunrise breakfast: 7 a.m. at Heritage Center

Catholic Mass: 9 a.m.

Protestant Service: 10:30 a.m.

Seabee Courier



## Digital Cinema at the Training Hall

March 13

6 p.m.  
McFarland, USA  
(PG)

8:30 p.m.  
Hot Tub Time  
Machine 2 (R)

March 14

2 p.m.  
The Sponge Bob Movie: A  
Sponge Out of Water  
(PG)

4:30 p.m. Jupiter  
Ascending 3D (PG13)  
7 p.m. Project Almanac  
(PG13)

Mar. 15

2 p.m.  
The SpongeBob  
Movie: A Sponge Out  
of Water 3D (PG)

4:30 p.m.  
The Seventh Son  
(R)

24 Hour Movie Hotline  
228-871-3299

### Information, Tickets & Travel

3/13 ITT's Live it Up Locally  
Travel Fair

In the NEX Courtyard

11 a.m. - 3 p.m.

FREE Food & Prizes

Visit with local attractions &  
Plan your next vacation!

Call 228-871-2231 for details

### Beehive

Celebrate St. Patrick's Day on 3/17  
with \$2.00 Green Beer &  
\$0.50 Sodas! Open at 4:30 p.m.

## MARCH 13-19

### Fitness

Join the excitement of Virtual Fitness  
Classes today!

3/17- St. Patrick's Run for the Gold 5K

Is your pot of gold at the  
end of the race?

3/17- King of Swings  
Softball Tournament

Call 228-871-2668 for information

### Navy Outdoor Recreation

It's a beautiful month for a bike  
ride! Rent your bicycle package  
at NOR today for \$5/day or  
\$15/week!

Call 228-871-2127 for details

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



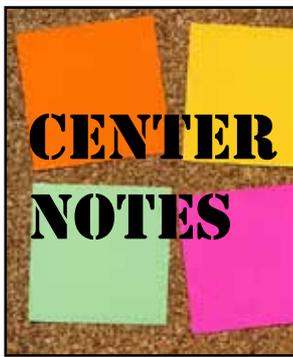
Mar 14- 5:30 p.m., Blood & Sand XVI  
Martial Arts, \$31

Mar 16- All Day, NCAA Tournament  
Bracket Challenge

Mar 17- 5 p.m., St. Patrick's Day Party

Mar 18- 6 p.m., Guitar Lessons  
in the Music Lounge, Free

Mar 19- All Day, NCAA Tournament  
Bracket Challenge Deadline



**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 Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

**NMCB 11 FRG** invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at [nmcb11frg@gmail.com](mailto:nmcb11frg@gmail.com) or like us on our Facebook page, NMCB 11 FRG.

**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 Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime

Royal at 317-730-4064 or email [NMCB133fsg@gmail.com](mailto:NMCB133fsg@gmail.com) Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

**FOCUS**

**Families Overcoming**

**Under Stress** 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** 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.**, 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 classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

**NCBC Multi-Cultural Di-**

**versity Committee** is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, CS1 Gloria Moody at 228-871-3459 or Vice President, CE2 Tandberg, 850-384-7982 for details.

**VFW Post 3937 Long Beach**

Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

**Ladies Auxiliary to the VFW 3937 Long Beach**

Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 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 service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are wel-

come 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 or for links to historical sites, visit: <http://nmcb62alumni.org>.

**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, please contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil) 228-871-3877 or Cell 228-224-5038 or Robert Smith, at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. Or join us on the second Thursday of each month at 6 p.m. in the Gulfport DAV, Chapter 5, 2600 23rd Ave, 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. For info, contact the museum at [www.seabee-museumstore.org](http://www.seabee-museumstore.org) or call gift store at 228-871-4779.



**Keesler AFB Air Show/Open House**  
March 28 - 29  
Gates open at 9 a.m.

Stay up to date by searching "Keesler AFB Air Show/Open House" on Facebook



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

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

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

**Seabee Ball**

March 28, 5:30 - 11 p.m.

**Mississippi Coast Coliseum**

**Guest Speaker: Retired Chief Equipment Operator, Ron Harvey**

**Uniform: Dress Blues or equivalent civilian attire. If dual military couple attending, one spouse may wear appropriate civilian attire.**

**Time is running out to purchase tickets! Deadline is March 13.**

**Cost: E1 - E4: \$25; E5 - E6: \$30; E7 - 03; Warrant Officers, Retirees and Civilians: \$40; 04 and up: \$50**  
**Point of contact: BUC Eric Van Norman, email: [eric.vannorman@navy.mil](mailto:eric.vannorman@navy.mil). Contact your command representative for tickets.**

**CBC rep: MCCS Jeff Pierce: [jeffrey.j.pierce1@navy.mil](mailto:jeffrey.j.pierce1@navy.mil)**