

SEABEE COURIER

www.cnic.navy.mil/gulfport

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March 19, 2015



Seabees from the Naval Mobile Construction Battalion (NMCB) 1 Civic Construction Action Detail (CCAD) Philippines construct two classrooms onto an existing schoolhouse with soldiers from the Philippine Army during their 2014 Pacific Deployment to the Pacific. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

NMCB 1 Sailor wins Marvin Shields award

By MCC Kim Martinez
NMCB 1 Public Affairs

A Seabee from Naval Mobile Construction Battalion (NMCB) 1 was named the calendar year 2014 Marvin Shields Award winner by Rear Adm. Katherine L. Gregory, March 13. Builder 1st Class Patrick Smith received the award for exceptional leadership to an integrated team of 32 Seabees and host nation engineers, and excellence in volunteerism during his recent deployment to the Philippines.

"I am honored that the command nominated me for the award," said Smith. "It is a great honor to receive an award named for Marvin Shields, who is royalty to Seabees. To be compared to his legacy is humbling."

Smith joined The First and The Finest in 2013 and has served in many capacities for



BU1(SCW) Patrick Smith the battalion. During NMCB 1's 2014 deployment, he was the Construction Civic Activity Detail (CCAD) Philippines leading petty officer and quality control petty officer.

"To the junior Seabees, I'd like to say that you don't have to always be the best at what you do, but you have to always work hard, always improve and give an honest effort," said Smith.

See **NMCB 1** page 7

Rota ... A bird's-eye-view



Adm. Michelle Howard, Vice Chief of Naval Operations, is raised up in a main lift while Construction Electrician 2nd Class Anthony Williams assigned to Naval Mobile Construction Battalion (NMCB) 11 explains the specifics of the upcoming Equipment Calibration Complex. Howard visited personnel assigned to Commander, U.S. Naval Activities Spain as part of a visit that includes stops throughout the Sixth Fleet area of operations. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

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OFF LIMITS

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of Sept. 30, 2014.

Biloxi: YaYa's, 2751 Pass Road; Club Veaux, 834 Howard Avenue.

Gulfport: Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue.

Pascagoula: Bunksmall

Apartments, 708 South Pascagoula Street. Service members are ordered not to enter or patronize these off-limit establishments of their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice. This letter supersedes the previous Off-Limits List of June 25, 2014.

Public Affairs Survey

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.

The survey is open until March 27 and available at: <https://www.surveymonkey.com/s/PXJLMBR>.

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.

For further information, please call 228-871-2699 or 228-871-3662.

Road Closure

The parking lot between the Youth Activity Center (building 335) and the Navy Lodge (building 463) will be closed for restriping from 7 a.m., March 24 to 5 p.m., March 25. Please avoid the area if possible and watch out for construction workers.



Power Outage

The Seabee Memorial Chapel (building 366) and the Shower Facility (building 124) on the mini grinder will experience a power outage March 26, 8 a.m. - 3 p.m. for installation of a new power panel.



AUDRA
SEXUAL ASSAULT SUPPORT GROUP
 AUDRA means "nobility and strength" in French

You don't have to walk this path alone

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

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000



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



Community Event
 4TH ANNUAL MEN'S WALK TO END VIOLENCE AGAINST WOMEN

ARE YOU MAN ENOUGH?

WALK A MILE IN HER SHOES

April 17
 Biloxi Lighthouse Pier
 Check in at 8 a.m., walk begins at 9 a.m.

Raise Awareness of Violence Against Women. Participation is totally free and tons of fun. Use our shoes or bring your own and feel free to glitz them up! Men, women and children are all welcome. Get info or register yourself or your team at GCWCFN.ORG/WAM2015

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Safe Helpline

Sexual Assault Support for the DoD Community

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.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.

Seabee Courier



Construction Mechanic Constructionman Alexandria Penrod attached to Naval Mobile Construction Battalion (NMCB) 133 prepares to drive a Medium Tactical Vehicle Replacement on board NCBC Gulfport, March 17. Penrod is a student in the Explosive Drivers course taught by instructors from Naval Construction Group (NCG) 2. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Students from Naval Construction Training Center (NCTC) Gulfport learn to set proper building elevation on board NCBC Gulfport, March 16. This is part of the forming and reinforcing curriculum taught during Phase 1 of Builder "A" school. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Military personnel take part in the Top Shooting competition held in the old gym on board NCBC Gulfport, March 13. The competition is designed to promote good combat shooting fundamentals and enhance techniques. Scoring is based on accuracy and speed, calculated by the Synthetic Shooting System. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Energy Savings Tip: Give your AC a tune-up ... Spring in the south signals that it's time for an annual air conditioning service checkup. Making sure the air conditioner is running at peak performance can extend the life of the unit and save money in the process. Failure to do so may result in higher monthly electric bills, as well as costly service calls.

Women's History Month Special

Forget-me-not: Flowers will honor deceased women of the armed forces

By Regina Zilbermints
 rzilbermints@sunherald.com
 Courtesy of The Sun Herald

If the sun, rain and dirt cooperate this spring, there will be a circle of blue forget-me-not flowers around a tree on the property of the Armed Forces Retirement Home in Gulfport.

They will be planted at the Veterans Administration campus, in Hiller Park in Biloxi and around homes built for Habitat for Humanity.

And if Mary McLeod-Nelson has her way, residents up and down the Coast will plant them outside their own homes and businesses.

The flowers will honor the women of the armed forces, particularly those who have died in combat and often get little recognition.

The 92-year-old hopes the forget-me-nots will serve as other reminders, too -- to vote, take care of family and take part in the community.

"I want people to know about these forget-me-not women and I hope every year now these little plants will come back and serve as a reminder," McLeod-Nelson said. "I just wish everyone would have one in their business and in their home. Just look at it and say, 'I remember you. And I remember all things I should remember. And I'm going to vote and see what we can do right at the home front.'"

McLeod-Nelson is herself a veteran.

She couldn't wait until she turned 20 years old in 1943 so she could join the U.S. Navy. She was stationed in an office on Ward Circle in Washington, where she and thousands of other women worked on breaking codes during World War II.

McLeod-Nelson swears the women worked on codes in such small increments they didn't have

any information to divulge but they were heavily guarded by Marines on light duty after serving in the most intense battles of the war.

If anyone asked what they did, they were told to say they had screwed in the lightbulbs.

But the experience made an impression on her.

She recalled that the Marines, recovering from malaria, would sometimes simply collapse outside their windows. Yet they would still return the next day.

The work she and the other women did also mattered, she said.

"It was something 5,000 other women did. But we were like a little grain of sand. You can be very humbled to think we're a little grain of sand in the long beaches of the world," she said. "You know how little that is, but if we all move together, there is hope."

Since then, women have taken on a much more active role in combat, but often with little recognition. Military policies prevented women from being assigned to combat units. But in Iraq and Afghanistan, women were attached to those units, putting them on the same battlefields as their male counterparts without receiving the acknowledgment they were there at all.

"I want people to be aware that women are now in the battlefield," McLeod-Nelson said.

"That's a big step to make for a country."

Much like poppies after World War I, forget-me-nots have been used in fundraisers by veterans organizations in the past.

McLeod-Nelson isn't fundraising.

She and the staff at the Armed Forces Retirement Home have done most of the work in getting the flowers planted on the home's property and around the Coast.



JOHN FITZHUGH/SUN HERALD

Armed Forces Retirement Home resident and World War II Navy veteran Mary McLeod-Nelson wants people to plant forget-me-nots in memory of female veterans who died in combat.

The staff has put together 600 packets of seeds to hand out. And people can go out and buy their own seed packets.

The packets cost around \$1 and the flowers are perennials -- they should return on their own in subsequent years.

McLeod-Nelson took on the project because she said she became introspective when she hit 90 years old. She wondered what her legacy would be and what to do with as many years as she had left.

She settled on reminding people about their families, their responsibilities and their roles in the community.

And reminding them of the women who fought and are still fighting.

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Buzz on the Street

By BUCN Samantha Opyoke, NCBC Public Affairs

With the Physical Readiness Test (PRT) just around the corner, what are you doing to keep in shape?



BU3(SCW) Regional Skinner
 NMCB 133
 Hometown: Rockwood, Tenn.

"I run and I make sure I am in good health."



YN3(SCW) Mandisa Donaldson
 NCBC
 Hometown: Orlando, Fla.

"I go to the gym, eat healthy and incorporate workouts at home with my baby."



LS3(SCW) Robert Herod
 NMCB 133
 Hometown: Mesquite, Texas

"I longboard and also attend command PT."

Seabee Courier

NCBC Frames

Yeoman 1st Class (AW) Megan K. Burke
 Naval Construction Battalion Center (NCBC)
 Admin Leading Petty Officer

FREEZE

By NCBC Public Affairs

FRAME



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

MKB: It would have to be having both my younger sister and brother join. I have been extremely proud to serve and have had a very fulfilling career. Knowing they decided

to serve with me makes this journey a lot more enjoyable ... knowing they are right there beside me.

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

MKB: My family, friends and the troops I have been able to work

alongside. Knowing I have a great support system back home and then meeting so many great people along the way definitely help me keep my motivation up and help me to move forward with my own career and assisting other troops with their personal goals.

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

MKB: Keep going. The Navy can give and do so much for you in your personal and professional life. Honor the traditions and standards the Navy instills in you. The many things you learn throughout your time in the Navy can open so many doors if you decide to stay in or you decide to separate.

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

MKB: The Seabee community is such a great



place. I truly love how much they can accomplish together in a short period of time anywhere in the world. Whether it's COMEX, FTX or deployment where they assist so many in need and they can do such selfless work, I find it truly amazing that I get to see it and have had the opportunity to work with so many.

FF: Who was your most

influential mentor during your career, and why?

MKB: I have actually been extremely lucky and have had the opportunity to work with so many amazing men and woman throughout my career that I have quite a few mentors that I have been able to learn different qualities, whether it is leadership, balancing my family/kids and work at the same time or how to be a better Yeoman.

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NCTC Sports Day



Navy, Army, and Air Force "A" School students from Naval Construction Training Center Gulfport participated in unique sports day competition on board NCBC Gulfport, March 13. This quarterly event is designed to test knowledge, team-

work, leadership and physical fitness. Teams are divided into 14-person squads by service affiliation. In the end, the Air Force squad came out on top and received the trophy. (U.S. Navy photos/Released)

Seabee Courier



Spotlight is on the military with return of KAFB Air Show

By BUCN Samantha Opyoke
NCBC Public Affairs

The excitement continues to build as Keesler Air Force Base (AFB) prepares to host their first air show and open house in several years, March 28 and 29.

For several years, the Department of Defense curtailed air shows and open houses due to budget constraints. However, restrictions have eased, allowing Keesler AFB to host one this spring. Keesler's last air shows were in 2009 and 2011, drawing approximately 142,000 and 160,000 people to the base respectively.

"It's important we bring this event back," said Brig. Gen. Patrick Higby, 81st Training Wing commander. "Besides having the opportunity to showcase our Airmen and the Air Force mission, it promotes positive community relations and supports the Air Force's recruiting and retention goals."

The air show begins at 9 a.m. each day and the schedule includes performances by the U.S. Air Force Thunderbirds, who will perform precision aerial maneuvers designed to demonstrate

the capabilities of Air Force high performance aircraft, and the U.S. Army demonstration and competition parachute team, The Golden Knights. The Seabees of Naval Construction Battalion Center (NCBC) will also be on hand and represented with a series of static displays.

Round trip shuttle service for the air show is planned from locations on and off KAFB. Those with base access may also park in limited designated parking areas on the base. The complete line up of performers, a list of suggested items to bring to the air show, shuttle schedule and other helpful information can be found at: www.keesler.af.mil/library/keeslerairshowandopenhouse, or call the 81st TRW Public Affairs Air Show hotline, 228-377-3901.

Naval Construction Battalion Center Gulfport will host their annual Seabee Day, April 11. Seabee Day is open to the community and will run from 9 a.m. - 4 p.m. The event will include several live performances, carnival rides, military displays, vendors and more. Admission is free. For more information on Seabee Day, visit: www.seabee.org.

Naval Construction Battalion Center (NCBC) Gulfport will host Seabee Day 2015, April 11, 9 a.m. - 4 p.m. at Ladd Circle. Open to the public, the annual event celebrates the heritage of the men and women of the Naval Construction Force. (U.S. Navy photo/Released)



Seabee Day 2015: Fun for one, fun for all

By CE3 Dustie Bond
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport will host Seabee Day 2015, April 11.

The annual event will highlight the mission and accomplishments of the men and women of the Naval Construction Force. The festivities will run from 9 a.m. - 4 p.m. The event is free and open to the public. Everyone is invited for a first-hand look at the Navy's construction engineers.

The Myles Sharp Band, Tiera and 90 Degrees West will entertain guests with musical performances throughout the day. There will also be carnival rides and games for the entire family.

At 11:15 a.m., the annual hot wing

eating contest will begin. All interested parties can sign up that morning.

There will be military displays and demonstrations by the convoy security element throughout the day.

Currently, 80 vendors have signed up to sell food, drinks and merchandise. However, there is space for more. Interested vendors must hurry through, as the deadline to sign up is close of business Friday.

Vendors who are interested in being a part of Seabee Day are asked to visit www.seabee.org to obtain an application to fill out. Once the application is completed, please email the form to Rob Mims at robert.c.mims@navy.mil. Come on out to NCBC Gulfport April 11 and help celebrate 73 years of Seabee heritage!




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





Going back in time . . . Seabee history - Vietnam Era



In 1963, Seabee Teams 501 and 502 were the first #Seabees to arrive in the Republic of Vietnam. Team 501 was deployed at Dam Pau in central South Vietnam and 502 was deployed at Tri Ton, southwest of Saigon near the Cambodian border. Both teams were deployed in support of U.S. Army Special Forces and were charged with airport repair and construction, repair of damaged bridges, military base construction and working alongside Vietnamese nationals to repair or expand local villages. During the peak of the Vietnam conflict, Seabee strength reached 25,000 men in 22 Battalions, two Regiments, two Maintenance Units, and scores of Civic Action Teams. Nearly \$100 million worth of construction was completed by the Seabees, a 3 million man-day effort. The types of jobs ranged from the construction of logistical complexes in Da-Nang and Chu Lai to Special Forces camps in remote regions. (Photo courtesy of Seabee Museum)

Virtual Fitness offers flexibility and convenience

By **BCUN Elizabeth Mills**
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport's Fitness Center is offering a new class, Virtual Fitness. The virtual fitness class offers many workouts which are all projected on to a screen in which you follow what is done.

According to Michael McLaughlin, the Fitness Center's director of fitness, Wellbeats, formerly Fitness on Request, was founded in 2008 by two health club owners who discovered a need for more flexible and convenient group fitness solutions for their members. They introduced the world to the concept of the virtual group fitness platform. Since then they have continued to lead innovation in program development, delivery methods, software applications and more to best meet the needs of a wide market audience.

Classes offered at the Fitness Center include:

- ~ Kinetics - multi-activity class includes sport-style cardio intervals with resistance training circuits and muscle isolation

work. Kinetics is designed to cater to a wide range of fitness level and ages. This high burning calorie burn will get you in shape fast.

- ~ TKO (technical knockout) - non-stop movement to channel one's inner fighter. A fusion of martial arts disciplines, each class includes a combination of punches, kicks, strikes and techniques. TKO is designed for individuals looking to boost cardio fitness and benefit from total-body conditioning.

- ~ Stomp - truly a 'step revival'...as step as it was meant to be taught. Go up, over and around the step for a total-body, cardio-driven workout.

- ~ Vibe - get down and get edgy and get your groove on as world rhythms drive these multi-dimensional dance-based classes.

- ~ Fit 4 Duty - this program is functional training based on core, cardio, and strength programs.

Classes are offered Monday – Saturday from 5 a.m. – 6 p.m. at NCBC's Fitness Center. For more information call 228-871-2668.

Smith, who is an 11-year Navy veteran, was inspired to join the Navy by his family.

"My step father motivated me to join because he owned a construction company and worked with the Seabees often," said Smith. "He knew about their heritage and can do spirit, which lit the fire in me to join the Seabees and continue our family's legacy of serving our country," he said.

NMCB 1 Command Master Chief Michael Lopez said that Smith is a model Sailor within the command whose characteristics are for others to emulate.

"BU1 Smith's selection for this award says a lot about his leadership and the value he sees in his Seabees," said Lopez. "He is a humble professional who would be the first to place the credit elsewhere. I am proud of him and proud to serve with such an outstanding Seabee!"

The commander, Naval Facilities Engineering Command and Chief of Civil Engineers, said that Petty Officer Smith's impressive performance and professional achievements merit the recognition afforded by this prestigious award.

"The nominees for this year's award represent the strength, determination, and stalwart leadership of our force," said Gregory in her message announcing the award recipient to fleet. "Petty Officer Smith exemplifies the Seabee 'Can Do' spirit, for which Marvin Shields serves as the ultimate example."

The Award is named in honor of Congressional Medal of Honor recipient, Construction Mechanic 3rd Class Marvin G. Shields. It is presented in recognition of the Seabee who has made extraordinary contributions to the mission of the Naval Construction Force and has upheld the highest traditions and legacy of the U.S. Navy Seabees over the last year.

NMCB 1 is Seabee battalion specializing in contingency construction, disaster response, and humanitarian assistance.

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 SF182s must be submitted prior to registration deadline. Point of contact for further information is Lucy Galster, lucy.galster@navy.mil, DSN 868-2641 or commercial, 228-871-2641.

Course: FERS Pre-Retirement Planning

Date: May 18-19, Cost: \$140, Registration deadline: April 24. All FERS employees are eligible. Designed for those employees currently eligible or within 5 - 7 years of retirement. Spouses are encouraged to attend at no additional cost but it must be indicated on the SF 182 that the spouse will attend. If it is not indicated on the SF 182, the spouse will not be able to attend.

Course: CSRS Pre-Retirement Planning

Date: May 20-21, Cost: \$140, Registration deadline: April 24. All CSRS, CSRS Offset employees eligible - designed for employees currently eligible or within 5 - 7 years of retirement. Spouses are encouraged to attend at no additional cost but it must be indicated on the SF 182 that the spouse will attend. If not indicated on the SF 182, the spouse will not be able to attend.

Course: All About Your Thrift Savings Plan

Date: May 22. Registration deadline: April 24. Open to any federal employee in a permanent position.

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. 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.

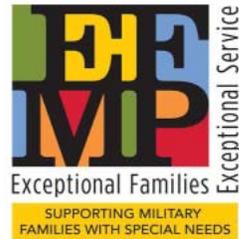
State Dept Briefs, Pre-Screenings

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!

Couponing 101

Fleet and Family Support Center presents Couponing 101, by guest instructor Lt. Cmdr. Ammie Davis, NCBC chaplain. The course will be taught March 31, 11:30 a.m. - 12:30 p.m. Call 228-871-3000 to register for the class.

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



EFMP POC

COMMAND TRAINING

APRIL 13, 2015

9 - 11:30 a.m.

Fleet & Family Support Center

Please call **(228) 871-3000** to register.

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

Latchkey Kids Class

For ages 10 & 11

Thursday, April 2
12:30 - 2 p.m.

Babysitting Class (11 & Up)

Thursday, April 2
12:30 - 4 p.m.

Call **(228) 871-3000**



Navy-Marine Corps Relief Society is here to help Sailors and Marines

Emergency car repairs, unexpected housing expenses or unplanned medical or dental co-pays can be a challenge for anyone. The NMCRS can help Sailors and Marines deal with these kinds of unexpected financial burdens in as little as 15 minutes with a quick assist loan.



Free Troops to Teachers Seminars

From Coastline Community College

The Southeast Region Troops to Teachers program has scheduled a series of free seminars to be held on the first Tuesday of each month, in the Navy College Office, Building 60, Room 239, at 10:30 a.m.

Seminars begin in April and continue on the first Tuesday for the remainder of the year. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.

TTT was established in 1994 as a Department of Defense program. In 2001 the No Child Left Behind Act mandated the continuation of TTT. TTT is managed by the Defense Activity for Non-Traditional Education Support (DANTES) in Pensacola, Fla.

Reflecting the focus of the No Child Left Behind Act of 2001, the primary goal of TTT is to help recruit quality teachers for schools that serve low-income families throughout America. TTT helps relieve teacher shortages, especially in math, science, special education and other high-need subject areas. TTT assists military personnel in making a successful transition to second careers in teaching.

Pending availability of funds, financial assistance may be provided to eligible individuals as stipends up to \$5,000 dollars to help pay for teacher certification costs, or as bonuses of \$10,000 dollars to teachers in schools serving a high percentage of students from low-income families. Participants who accept the stipend or bonus must agree to teach for three years in schools that serve students from low income families in accordance with the authorizing legislation.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Percolate, don't procrastinate

Several days a week, I drop the kids at school, and head downtown to one of my secret haunts. No, it's not a bingo hall or a betting room, and I haven't drained our meager savings in a slot machine. It's not a watering hole, and I don't sit at a bar with a Jack-n-Coke and a pack of smokes. It's not a local flea market, and I don't have a penchant for collecting wagon-wheel lamps.

Truth be told, I go to coffee shops. I'm a big fan of coffee, but I'm not there for the brew. Simply put, it's the only place I seem to get any work done.

I became a freelance writer in 2010, while our Navy family was stationed in Stuttgart, Germany. After 15 years of being a stay-at-home mom to our three kids, I was looking for work that was more stimulating than clearing the lint trap in the dryer. Freelance writing seemed the perfect solution, and I quickly committed to churning out weekly columns for a stateside newspaper.

Each morning, I'd walk the kids to school, then sit at our home computer for a few hours of writing. Sometimes, I'd tap away all day and forget to eat lunch, and if you could only see my paunch, you'd know how rarely this happens. But most days, I found it hard to focus.

Multitasking seemed mandatory, so I'd put a load of laundry in before sitting down to write. And while I was at it, I'd fill the dishwasher, defrost a roast, and vacuum, because I wouldn't want those tasks nagging at me when I'm trying to concentrate. Inevitably, the dryer would buzz, and folding would occur in front of the television. I'd tell myself it's time to get serious, but the closer my deadline loomed, the greater the chance that I'd spend

the afternoon cleaning out the junk drawer.

I knew I needed an outside office, where I couldn't convince myself that dusting the ceiling fan was more important than writing my column.

At our next duty station in Florida, I tried Starbucks in downtown San Marco. Other than the bone-chilling air conditioners and questionable bathrooms, I loved my new workspace. By the end of our two-year tour, I was spending entire days in my coffee shop office, taking a break mid-day to power-walk along the water or eat my packed lunch on a sunny park bench.

The only distraction was people watching, which ironically provided endless fodder for my writing. The Starbucks employees, riddled with piercings and tattoos, made me think deep thoughts about youth, and what I would do to my daughter if she ever came home with a bolt through her tongue. And the eclectic patrons, whose willingness to stand in long lines for overpriced coffee never ceased to fascinate me. There were caddy stroller moms, gruff construction workers, corporate types talking to hidden devices in their ears, and loners like me.

After PCSing to Rhode Island, I scoped out the Starbucks on Thames Street in Newport. Considering that there is a Dunkin' Donuts drive-thru every half mile in New England, I knew the Starbucks would have a more eccentric crowd. Preppy yachtsmen whose boats are docked at the nearby wharf, throngs of cruise ship tourists wearing fanny packs, busy working stiffs ordering lattes to go, couples who argue in hushed tones, and others like me who eavesdrop.



In this little microcosm of society, I've formed relationships. There's Kip the friendly retiree, who tries to convince me to do transcendental meditation. There's Lori the working mom, who stops to chat before running to the office. There's Tom the construction worker, who thinks I know more about football than I really do.

We are a family of sorts, and without knowing it, they support me in my endeavor to write, and I appreciate them for inspiring me with wacky ideas. For moms who work from home, procrastination can be a constant battle. I've found that coffee shops keep me on track. After all, a day at the office should always involve a good cup of coffee.

*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, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*



See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell, text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.

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 (roberty.lamb@hii-ingalls.com; 228-935-1277 or 228-257-9420



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: CNRS_E_HOTLINE@navy.mil

WE BUILD ★ WE FIGHT

SEABEE

United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVY.MIL

NCBC Helping Hands

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.

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.

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. 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 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 or Jamie Bridger, 228-363-0450/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.

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 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 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 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. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

March 19, 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

ASIST: April 7 - 8, safeTALK: April 22

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/ncbcchapel>, email us at 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 20

6 p.m.
The DUFF
(PG13)

8:30 p.m.
Focus
(R)

Mar. 21

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

4:30 p.m.
The DUFF (PG13)
7 p.m. Focus
(R)

Mar. 22

2 p.m.
McFarland, USA
(PG)

4:30 p.m.
Jupiter Ascending
(PG13)

Mar. 26

6:30 p.m.
Jupiter
Ascending 3D
(PG13)

24 Hour Movie
Hotline
228-871-3299

Information, Tickets & Travel

Enjoy the spring at Ship Island
Excursions- tickets now available at
your ITT office!
Call 228-871-2231 for details

Special Event

Don't forget to join us on
Sat, April 4 for the Easter Egg Hunt
at Ladd Circle!
Registration begins at 9 a.m. & Egg
Hunts begin at 10 a.m.
Call 228-871-2251 for more
information

Program Telephone Numbers & Hours

anchors and eagles	871-4607	hours:	Tu-Th 2-6p
AUTO SALES CENTER	871-2804	hours:	W-F 11a-7p, Sat 9a-5p
Beehive	871-4000	hours:	W-Th 4:30-10:30p, Fr 4:30-11:30p Sat 8-11:30p
CCC Fitness Center	871-2449	hours:	W-Th 4:30a-6p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-8103	hours:	W-F 6:30a-1:30p, Sat 10a-4p
Child Development Ctr	871-2323	hours:	W-F 6a-5:30p
Free Movie Hotline	871-2099	hours:	Open 30 min prior to movie showings
ITT	871-2231	hours:	W-F 10a-4:30p, Sat 10a-3p
Liberty Center	871-4604	hours:	Sun 10a-6:30p, W-Th 10:30a-1:30p F 4-8:30p, Fr 10:30a-1:30p Sat 11p, Sat 10a-11p
Outdoor Recreation	871-2127	hours:	W 8a-1p, Th-Fr 10a-4p, Sat 7a-1p
School Liaison Officer	871-2117	hours:	W-F 7:30a-2:30p
Shields Inv Park	871-8428	hours:	W-Sat 8a-4p, Sun 8a-4p
The Grill	871-2494	hours:	W-F 7a-11:30p
Youth Activities Ctr	871-2251	hours:	6-7:30a & 1:00-5:30p
Teen Center		hours:	W-Th 3:30a-8:30p, Fr 3:30a-9p
Rec Center		hours:	Tu-Th 3:30p-6:30p, Fr 6p-9p



MARCH 20-26

Fitness

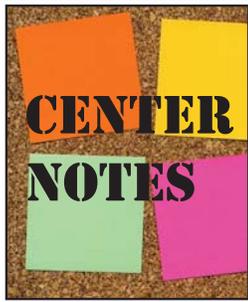
Join the excitement of Virtual Fitness
Classes today!
3/24 Fast Feet Kickball Tournament
3/30 Aquatics Side Stroke Clinic
Don't forget about trying to
Break the Record at Aquatics!
Call 228-871-2668 for information

Navy Outdoor Recreation

Spend some time exploring the
local bike trails! Rent your
bicycle package at NOR today for
\$5/day or \$15/week!
Call 228-871-2127 for details



Mar 21- 11 a.m., Paintball, \$10
Mar 23- All Day, National Chip &
Dip Day
Mar 24-6 p.m., 8-Ball Pool
Tournament, 1st Place Prize
Mar 26- 6:30 p.m.; Free Movie
Thursday at the Digital Cinema,
Pick up coupon at Liberty



**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 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 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

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 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 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 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 228-871-3877 or Cell 228-224-5038 or Robert Smith, at 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.

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 or call gift store at 228-871-4779.

**11th Annual Run for Relief 5k and Military Challenge 5k
May 1, 6 p.m.**

Same day registration will open at 5 p.m.
Pre-Registration: \$15 (t-shirt guaranteed), Race Day Registration: \$20
Register online at: (processing fee of \$2.50)
<https://www.racesonline.com/.../11th-annual-run-for-relief-5k>

Face the Military Challenge

Be the fastest three person military team that takes home the trophy in 2015 to display at your Command. Trophies go to the First Overall Male and Female, First Overall Masters Male and Female, and First Overall Grand Masters Male and Female, Seniors Male and Female, and to the top three finishers in the usual age divisions.

Learn more about NMCRS at: www.nmcrs.org



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: Full Dress Blue or Dinner Dress Blue or equivalent civilian attire.

If dual military couple attending, one spouse may wear appropriate civilian attire.

Time is running out to purchase tickets!

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.van-norman@navy.mil. Contact your command representative for tickets.

CBC rep: MCCS Jeff Pierce: jeffrey.j.pierce1@navy.mil