

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

March 26, 2015

April is Sexual Assault Awareness and Prevention Month

By CE3 Dustie Bond
NCBC Public Affairs

April is Sexual Assault Awareness and Prevention Month (SAAPM) and the Department of Defense (DOD) has a mission to prevent and respond to sexual assault. The military as a whole wishes to eliminate it through proper education, response and compassionate advocacy.

In 2012, the Pentagon estimated that 26,000 service members experienced unwanted sexual contact and of those, only 3,374 cases were reported. In 2013, the number of cases reported rose to 5,061, showing more of the military was responding to program.

Sexual assault is a crime defined as sexual contact upon a person unwillingly by means of force, physical threat or abuse of authority. Sexual assault includes rape, indecent assault, attempts to commit these acts, as well as witnessing these acts and not reporting them.

This year's theme is, "Eliminate Sexual Assault: Know Your Part. Do Your Part." Commands are highly encouraged to support unit participation in base-wide SAAPM events.

On board Naval Construction Battalion Center (NCBC) Gulfport, events will be hosted by the base SAAPM committee and the base Sexual Assault Response Coordinator (SARC), Shannon Hardon.

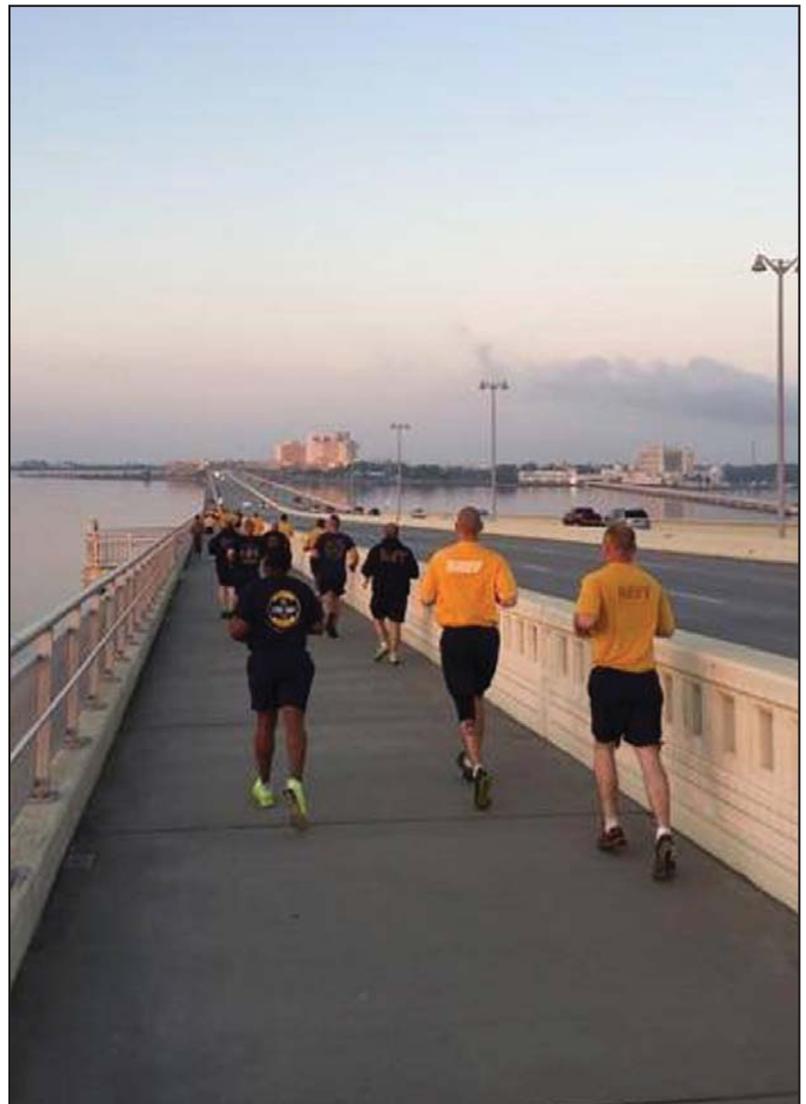
According to Hardon, events planned on board NCBC include:

- ~ A proclamation signing at Fleet and Family Support Center (FFSC), April 2
- ~ A "Day of Action" for military and civilians, April 7
- ~ An interACT performance at the Training Hall, April 15
- ~ A quarterdeck decorating contest, April 22
- ~ A Sexual Assault Awareness and Prevention Annual 5K, April 26
- ~ A SAPR skit performed by Naval Construction Group (NCG) 2, April 28

"I look forward to seeing everyone out there to show support to this very important cause," Hardon said.

If you or someone you know needs to report a sexual assault, call NCBC Gulfport's SARC office at 228-871-3566 or the DoD Safe Helpline at 877-995-5247. You can also walk into FFSC and request to talk to a SAPR Victim Advocate or a counselor.

NMCB 1 CPO 365 builds bridges through joint PT



Chief Petty Officers and First Class Petty Officers with Naval Mobile Construction Battalion (NMCB) 1 participate in an Ocean Springs bridge run for CPO 365 physical training (PT). CPO 365 is a year-round training initiative that Chiefs Messes throughout the Navy take on to prepare first class petty officers to become chiefs. (U.S. Navy photo by Command Master Chief Michael Lopez and Chief Mass Communication Specialist Kim Martinez/Released)



April is Child Abuse Prevention Month

By Susan E. Pyles, LCSW, BCD
Fleet and Family Support Center Gpt

The theme for 2015 is "Know the Difference, Discipline is not Abuse."

During April, the Family Advocacy Program will be sponsoring the following events to support awareness:

~ April 2, Proclamation signing by Capt. Odenthal

~ "Blue Tuesdays" - Show your support every Tuesday by wearing blue.

~ Wednesday lemonade stand and resource table. Everyone is encouraged to stop by Fleet and Family Support Center (FFSC) on Wednes-



days during April for a glass of lemonade and information on preventing child abuse.

~ Throughout the month, resource information tables will be located at the Naval Branch Health Clinic and other locations on board NCBC

~ Volunteers will read to children

at the Child Development Center/ Youth Activities Center

~ April 24, 5k Family Walk

Disciplining a child is one of the most challenging responsibilities a parent or child caregiver will face. Parents can discipline without being abusive. Children deserve to be protected.

TAKE THE PLEDGE! All Navy service members and their families are asked to take the pledge to prevent child abuse by going to:

www.taketheCAPMpledge.org

For more information, please call 228-871-3674.

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Construction on board NCBC



March 31, 8 a.m. – noon: The parking lot south of Building 314 will be closed during an HVAC replacement.

March 31 – April 30: Chapel parking lot, affecting parking for buildings 124 and 366.

This closure is required for additions curbing and re-paving of the chapel parking lot. The curbing will be completed in sections and these areas will be coned off while under construction. Parking lot will need to be completely blocked off during the milling and paving operations. Updates will be sent out as known.

April 1, 8 am. – 4 p.m.

The intersection of 8th Street and Bainbridge Ave. will be closed during sewer line repair work.

April 7, 8 a.m. – noon: intersection of At intersection of Dong Xoai Ave and Marvin Shields Blvd. This Road Closure is required to replace HVAC chiller at the East side of Bldg. 121. The section of road at Dong Xoai Ave will be closed for the delivery of the crane and new chiller and will need to remain closed during crane operations for safety.

Please avoid these areas if possible, and watch out for construction workers.

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 and 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



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. For more information, or to register, visit: GCWCFN.ORG/WAM2015



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.



Vice Admiral Joseph P. Mulloy, Deputy Chief of Naval Operations, Integration of Capabilities and Resources visits NCBC Gulfport, March 19. Mulloy met with NCBC's Commanding Officer, Capt. Paul Odenthal, and was given a tour of Naval Construction Training Center and visited the convoy simulator at the Tactical Training Facility. (U.S. Navy photo/Released)



Equipment Operator 2nd Class Travis Duncan, left, and Equipment Operator 3rd Class Rictor Sanders of Naval Mobile Construction Battalion (NMCB) 1 complete the final leveling procedures on a 40-ton mobile crane on board NCBC Gulfport, March 19. Leveling the equipment before commencing operations is a necessary safety precaution. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Personnel from Naval Mobile Construction Battalion (NMCB) 133 participate in command physical training (PT) on board NCBC Gulfport, March 20. PT involves warm up exercises, elements of cardio and strength training, and cool down exercises. All this will help prepare them for the physical readiness test later this spring. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/ Released)

Recycling Tip: Three useful hacks for used K-cups

For those of us who truly enjoy single – serving cups of coffee, but are bothered by the fact that the cups are not recyclable, here are three ways to reuse them: ~ Playing card holder for little hands. Tear off top, pull out filter, rinse out, dry and cut a thin slit in the bottom of the cup. Turn cup over and use to hold playing cards. ~ Craft time tool.

Tear off the top, pull out the filter, rinse and dry out K-cup. Place a dab of hot glue or tape over the hole in the bottom and use to hold paint, glitter, glue, etc., during craft time. ~ Flower seed starter. Tear off top, pull out the paper filter. Place small stone over K-cup hole, fill half way with seed starter or light potting soil. Tap in a few flower seeds, cover with a thin layer of soil and mist lightly.

BEMs work with new tool kits to combat energy waste

By BUCN Elizabeth Mills
NCBC Public Affairs

On board Naval Construction Battalion Center (NCBC) Gulfport, a Building Energy Monitor's (BEM) goal is to assist in identifying and eliminating energy waste. Each building has its unique set of efficiency opportunities based on mission requirements and building use.

According to NCBC Gulfport's Energy Installation Manager, Jason Poe, the base obtained tool kits with SECNAV Energy Award dollars after being awarded the Platinum Small Shore Energy Award in 2012.

The tool kits contain two items. The first is a kilowatt meter which allows the BEM measure voltage, amperage, kilowatts, hertz and kilowatt hours. The second item is a handheld digital hygrometer which measures temperature and humidity.

BEMs also have access to the energy installation manager's tool kit if needed. This tool kit includes a light meter, an anemometer, an infrared camera, an infrared thermometer, a voltage and amperage meter and a carbon monoxide meter.

According to the Navy and Marine Corps BEM Guide, utilities account for an average of 40 percent of shore operating budgets each year, with office electronic equipment, lighting and HVAC equipment soaking up much of the power used.

Poe said that BEMs are our first line of defense when it comes to saving energy. They are responsible for making sure ten-



ants adhere to Commander, Navy Region Southeast's energy policy; communicating installation energy goals and objectives; observing, informing and encouraging good energy habits within their monitoring area; serving as the point of contact for energy issues, problems, and costs; recommending energy saving changes to the building's operating procedures; generating work orders for low-cost maintenance and energy efficiency projects; monitoring the operation of the building through periodic energy audits; recommending energy efficiency projects for the building.

According to NCBC Gulfport's Commanding Officer, Capt. Paul Odenthal, the tools kits are a great way to maximize energy efficiency base-wide.

"Getting these tool kits out to Sailors allows them to keep a close watch on energy usage to mitigate waste and save money," Odenthal said.

For more information on the BEMs program, please contact Jason Poe at jason.poe@navy.mil.

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



Spring Blood Drive

American Red Cross
Bloodmobile
March 31, noon - 4:30 p.m.
in front of the Liberty Center.
All donors will be entered into a gas card drawing.

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



Buzz on the Street

By CE3 Dustie Bond, NCBC Public Affairs

What do you like most about your rate/job?



Tyler Jones
CK Systems Technician
Hometown: Tempe, Ariz.

"I like pursuing mastery in everything I do and it's wonderful to work for a company that pursues that."



UTCN(SCW) Nikita Payne
NMCB 133
Hometown: Denver, Colo.

"I may not get to do my job often but I enjoy it all the same. I know how my air conditioning unit works and can even fix my dishwasher. I love working with my hands and my job gives me the opportunity."



UTCN Daniel Johnson
NMCB 133
Hometown: Ambler, Pa.

"The thing I like about my job is the outside world application. I will have a job when I get out of the Navy."

FFSC welcomes new consultant

By BUCN Samantha Opyoke
NCBC Public Affairs



Lynn Frantz

Fleet and Family Service Center (FFSC) on board Naval Construction Battalion Center (NCBC) Gulfport would like to introduce their new Work and Family Life Consultant, Lynn Frantz.

Frantz is a prior Navy corpsman who served for seven years. Since transitioning out of the Navy, she gravitated toward a career where she could help fellow veterans.

"Private practice wasn't as enjoyable as taking care of military families. I wouldn't want to do anything else," said Frantz.

She said, transitioning from the military into the civilian world can be very challenging in many different ways. From the time you entered boot camp you were transformed into a different person and going back into the civilian world can be difficult.

"Take advantage of all of the services that are offered to you when you entered the military and get out with the same level of commitment that you had when you started," Frantz said.

There are many different steps to processing out of the military and visiting Frantz is just one of them. It is helpful to have

a person with knowledge of what is available to veterans in regards to employment opportunities, education benefits and how all of this affects your life after the military.

Frantz is currently creating an email group to send job announcements out to veterans and their spouses who are in search of employment.

Anyone who would like Frantz to check over a resume or simply wishes to check on available jobs, may stop by her office as her door is always open.

"If you have any concerns about transitioning out of the military please call me, set up an appointment and we will talk," Frantz said. "I do a lot of one-on-one things to help with any transition process."

Frantz may be contacted at: lanora.frantz@navy.mil or call 228-871-3000.

Skybox viewing available at Mississippi Gulf Resort Classic for military and their families ...

The Mississippi Gulf Resort Classic golf tournament that will take place March 26 -29 at Fallen Oak in Biloxi has a Military Outpost sponsored by Ingalls Shipbuilding available to the military. All military (active and retired) get in free every day of the tournament and have access to the military outpost which is a skybox located at the 18th hole. When military and their families arrive at the tournament, they will receive an armband to get into the outpost. Sunday is also Military Appreciation Day, which includes various activities on the 18th hole. Ingalls Shipbuilding has sponsored the outpost and Military Appreciation Day to provide these benefits to service members and their families.

Back in time ... Seabee history - Vietnam Era



View of destruction at a new segment of the U.S. Naval Hospital in DaNang, Republic of Vietnam which was under construction by Naval Mobile Construction Battalion (NMCB) 9. The hospital, which was adjacent to the Seabee Camp, was attacked by the Viet Cong Oct. 28, 1965. During the attack, two men were killed and 93 wounded. The camp was renamed "Camp Adenir" in honor of Steward 3rd Class Restituto Poblete Adenir who was killed in the attack while serving with NMCB 9. (Photo courtesy of U.S. Navy Seabee Museum)

March 26, 2015



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



Seabee Courier

NMCRS is here to help

Funeral costs can escalate quickly and in a time of grief it's not easy to make financially-sound choices. The Navy-Marine Corps Relief Society can help you examine the costs for a funeral and suggest ways to control these unexpected expenditures.





Steelworker 3rd Class Patrick Mobley uses a pressure washer to wash a Medium Tactical Vehicle Replacement (MTRV) tractor trailer during the Naval Mobile Construction Battalion (NMCB) 11 Detachment (DET) Guam 48-hour mount out exercise. This exercise tests NMCB 11 DET Guam's ability to rapidly deploy construction equipment and personnel via simulated tactical air and sealift. NMCB 11 DET Guam provides a naval construction force ready to deploy in support of operations ranging from disaster relief to major combat operations throughout the PACOM area of responsibility. (U.S. Navy photo by Ensign Frances R. Hunter/Released)

Moving on... NMCB 11 conducts mount out exercise

By Ensign Francis R. Hunter
NMCB 11 Public Affairs

Naval Mobile Construction Battalion (NMCB) 11 Detachment (DET) Guam conducted a 48-hour Mount Out Exercise (MOX) at Camp Covington, Naval Base Guam, March 12 - 14.

An MOX simulates one of the core capabilities of an NMCB: the ability to deploy an 89-person Air Detachment (AIRDET) within 48 hours for any mission required by a supported commander.

Missions can range from major combat operations to humanitarian disaster relief. The mount out is a challenging task, given that Seabee missions frequently require heavy construction equipment and large quantities of support materiel.

For the MOX, the 158 Seabees of DET Guam prepared

and staged over 538,000 pounds of equipment and supplies ranging from 31 pieces of Civil Engineer Support Equipment (CESE) to 1,700 MREs and 2,500 bottles of water.

The exercise culminated in a convoy to Andersen Air Force Base, rehearsing the transport of one "chalk" (items and personnel travelling on a given aircraft) to the point of air departure. In an actual mount out, the majority of the equipment would leave Guam on Air Force aircraft – including the dozers, backhoes, and tractor trailers.

DET Guam emphasized realism throughout the exercise, treating it as a rehearsal for a mission that could be ordered any day.

"As a leader for this organization, it makes me confident that we have the ability to meet our required operating capability of mounting

an AIRDET out within 48 hours," said AIRDET Senior Enlisted Advisor, Senior Chief Construction Electrician Chris Beck. "We test them, we push them to the limit, we give them the worst case scenarios, and at the end of the day, they accomplish the mission."

The mount out evolution requires coordination and teamwork. Seabees build pallets and wash, weigh and measure each piece of equipment to locate its center of balance. Load planners input the information into a computer program called Transportation Coordinators' Automated Information for Movements System (TCAIMS) to determine where everything will be placed in military aircraft. If the load is not properly planned, it could unbalance the airplane and endanger the flight.

Construction Electrician 2nd

Class Joshua Davis described the interaction between his job as load planner and the outdoor teams weighing and measuring equipment.

"My part folds in everything that's going on outside, all the moving parts," said Davis. "If I don't do my job right, I'm failing them. But if they've got one pound off or one inch off, they're failing me."

The exercise was based around a humanitarian scenario. NMCB 11 AIRDET was hypothetically ordered to fly to Pohnpei, Federated States of Micronesia to assist in disaster relief efforts following a tsunami. AIRDET leadership conducted detailed mission planning for tasks including search and recovery, clearing debris, delivering emergency supplies, constructing a tent camp, and repairing the airport and seaport to open the way for further relief efforts.

As the exercise began,

however, Tropical Storm Bavi swept through the Federated States of Micronesia and the Republic of Marshall Islands on its way to Guam.

Category Five Tropical Cyclone Pam simultaneously left a trail of devastation in Vanuatu, a remote archipelago near Australia.

With the MOX already underway, DET Guam boarded up windows and placed sandbags for typhoon conditions and prepared for the possibility that the simulated scenario could become very real.

"It was kind of eerie," said Builder Constructionman Missila Vinsant. "If anything does happen, we're basically ready to go in a few hours."

That turned out not to be necessary, as NMCB 11 was not ordered to assist with Cyclone Pam relief efforts. However, the MOX ensured that NMCB 11 AIRDET is fully ready to deploy at any time.

March 26, 2015

Seabee Courier

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

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

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

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

WE BUILD ★ WE FIGHT

SEABEE Online
United States Navy

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

NMCB 11 builds in Guam



Above: Steelworker Constructionman Cecilia Jennings assigned to Naval Mobile Construction Battalion (NMCB) 11 levels the cinder block she placed for generator enclosures for the Pacific Region Training Center aboard Andersen Air Force Base, Guam. Right: Utilitiesman Constructionman Mercedes Caston, Construction Electrician Constructionman Pretrena Phills and Builder 2nd Class Belinda Walker assigned to Naval Mobile Construction Bat-

talion (NMCB) 11 mix mortar for the placement of cinder blocks of generator enclosures for the Pacific Region Training Center aboard Andersen Air Force Base, Guam. NMCB 11 Detachment Guam provides a naval construction force ready to deploy in support of operations ranging from disaster relief to major combat operations throughout the PACOM area of responsibility. (U.S. Navy photos by Mass Communication Specialist 1st Class Michael C. Barton/ Released)

Saving Stress, the Heart Healthy Way

By MC3 Ryan G. Greene

Naval Air Facility Atsugi, Japan, Public Affairs

March is Heart Health Month, but maintaining a healthy heart should be a daily priority. Heart disease is the number one cause of death in the United States, according to the Centers for Disease Control and Prevention, which estimates this killer, claims approximately one life every minute.

Approximately one in four deaths can be blamed on heart disease or stroke according to the American Heart Association (AHA). Every day each of us is at risk, and there's a somewhat lesser-known culprit behind that heart attack or stroke lurking just around the corner.

Research conducted by the U.S. Naval Medical Research Center has shown that the causes of a diseased heart aren't just physical, but psychological as well. In addition to hereditary factors beyond one's control, being overweight also puts someone at risk for heart disease every day simply because of the stress on their bodies. Compounding these issues are also the well-known physical risk factors such as; living a sedentary life, having high cholesterol, and high blood pressure.

"We see this all the time, especially with the types of jobs our Sailors are asked to do," said Atsugi Branch Health Clinic Senior Medical Officer Lt. Cmdr. Jerry Fasoldt. "I always tell our

patients that we're here in Japan because the Navy needs us to be, but it's important to remember yourself in the equation. If you need to take time mentally or physically; you should listen to your body."

Common military stressors may include wear and tear of the daily operational demands, threat of injury or loss of a friend in combat, worry over passing an advancement exam and making rank, the demands of parenthood, or for the caregivers out there, the responsibilities of caring for a patient or loved one while also coping with your own personal stress and additional job demands.

According to the Cleveland Clinic, when stress is left untreated, it can cause high blood pressure, irregular heartbeat, damage to arteries, high cholesterol, weakened immune system, and it can also contribute to the development of coronary artery disease.

The American Psychological Association (APA) goes one step further, making the mind-body connection by saying when stress devolves into depression, the risk of heart disease goes up.

According to the APA, long-term studies have shown that men and women diagnosed with clinical depression are more than twice as likely to develop heart disease or suffer a heart attack. Additionally, clinically depressed people are twice as likely to suffer a heart attack



even up to 10 years after their first depressive episode.

In a study featured in the International Society for Traumatic Stress Studies' Journal of Traumatic Stress, researchers found individuals suffering from post-traumatic stress disorder (PTSD) had an elevated heart rate during sleep, putting them at higher risk for heart disease.

In one study, about half the participants saw improvements in chronic headaches after learning how to stop the stress-producing habit of "catastrophizing," or constantly thinking negative thoughts about their pain. A lack of a social support network has also been shown to increase the risk of heart disease, indicating that if someone doesn't have a strong support network to help relieve their burden, the stress will only worsen.

Approximately 2,200 people die every day from heart disease - that's 2,200 reasons to manage your stress. Keep your heart healthy and stay resilient.

Focus on Education

Education Notes

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.

Latchkey Kids/Babysitting Class

Fleet and Family Support Center (FFSC) is sponsoring a Latchkey Kids class for ages 10 and 11, April 2, 12:30 - 2 p.m., followed by a Babysitting class for ages 11 and up from 12:30 - 4 p.m. Call FFSC at 228-871-3000 to register for the class.

EFMP point of contact training

Exceptional Family Member Program point of contact command training will take place April 13, 9 - 11:30 a.m. at Fleet and Family Support Center (FFSC). Please call 228-871-3000 to register.

Troops to Teachers Seminars

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.

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.

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 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.

Balfour Beatty

Communities Foundation

SCHOLARSHIP PROGRAM

Deadline for Academic Scholarships Applications is April 15th!



Rating roadmaps to a degree

Rating Roadmaps identify the American Council on Education (ACE) recommended college credit for Navy training, and rating specific work experience across a Navy career in a specific rating.

Degree Roadmaps are rating relevant degrees that make the most of recommended credit for Navy training and on-the-job experience.

The Navy has partnerships with colleges and universities that offer degrees through distance education for all enlisted ratings.

Click on the link below to view the Rating Roadmap for each specific rating, as well as a list of degrees associated with the rating and colleges offering these degrees. <http://www.navycollege.navy.mil/ratings.aspx>.



Veterans Employment Center

Talent Pipeline to the Civilian Sector Skills translator, job sear and resume builder for active duty, veterans, spouses and dependent children, 18 years of age and older

For more info, contact VA Benefits Advisors 228-376-8504/8164/8703

ASVAB Testing

ASVAB testing in the Gulfport region will be given the following dates:

May 19 (sign up by May 12); **Aug. 18** (sign up by Aug. 11); **Nov. 17** (sign up by Nov. 10)

The Educational Services Officer can take up to eight people each test cycle. A request chit with justification to take the test and proof of further education is required when signing up. For more information on ASVAB testing, refer to MILPERSMAN 1236-010.

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

Post-9/11 GI Bill instruction updated - gives clear steps for benefit transfer

From Chief of Naval Personnel Public Affairs

Navy leaders announced March 20 an update to the instruction governing the Post-9/11 GI Bill Educational Assistance Program which outlines specific steps for Sailors to follow to properly transfer their benefits to family members.

OPNAV Instruction 1780.4 was updated March 2 and consolidates policy detailed in NAVADMINs 187/09, 203/09, 354/09, and 235/11. A naval message is planned announcing the instruction update and cancelling those NAVADMINs.

Qualified active duty and Reserve Sailors may elect to transfer benefits to a spouse or children, with some or all benefits allocated to those named.

The instruction includes the Transfer of Benefits (TEB) steps in order to create a simple checklist that Sailors can follow to ensure they successfully complete the process.

It outlines everything from verifying their family members are enrolled in the Defense Eligibility Enrollment System (DEERS) to eligibility requirements, service obligations and what to do if a request is rejected.

The instruction can be found at: <http://doni.documentservices.dla.mil/Directives/01000%20Military%20Personnel%20Support/01-700%20Morale,%20Community%20and%20Religious%20Services/1780.4.pdf>

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Snack in the City

"Do you want that apple now?" I ask my daughter, for the third time since boarding the train to New York City. I brought Anna's favorite snack in my backpack, hoping that a Granny Smith might keep my temperamental teen satisfied on our trip to visit colleges.

"No, Mom," Anna huffs, "I told you, I'm not hungry."

As I turn toward the window, my mind wanders to a decade ago, when Anna, our fiercely independent middle child, disappeared.

She was one of those kids who would go off with a box of figurines, and lose herself in pretend play for hours. My husband or I would find her somewhere in our house, surrounded by her characters, her huge brown eyes flitting from one to the other, her wee lips muttering the voices in her imagined scenario.

But on this particular occasion, she'd been gone so long, we were concerned.

"Anna?!" I bellowed, eager to find her in a corner, lost in a complex drama involving Buzz Lightyear, Polly Pockets, and My Little Pony. Just as my mothering instinct was about to mobilize a grid search of our entire neighborhood, I heard something in the bonus room over our garage.

Sure enough, there she was, sitting in a heap of paper, pencils, yarn, fabric, and my sewing basket, dumped upside-down. "Lookit what I made, Mom," she coughed out, her voice box sluggish from hours of dormancy.

Anna held up her creation, a full-length garment of white fleece. After making sketches in a Hello Kitty notebook, she settled on a sleek one-shoulder design with an elegant neckline and fitted skirt. Anna modeled her gown for us, and we looked on in amazement at the sophisticated silhouette and even hand-stitching. Apparently, Anna had seen someone do it on TV, and was now determined to be a fashion

designer.

Ten years later, we're on our way to The Big Apple to follow Anna's dream.

Sitting beside my 17-year-old daughter, I still see her big brown eyes flitting, lost in thought. Intuitively, I know that she is envisioning what it would be like to be a fashion design student in NYC, walking city streets in stylish outfits, sketching on sunlight-dappled park benches, and hailing cabs to meet friends for lunch in Soho.

My baggy brown eyes are flitting too, but I am imagining rat-infested alleys, marauding pick-pocketers, subway stairwells reeking of urine, and catcalling ne're-dowells. My husband and I would much rather send our daughter to college somewhere in rural Vermont or Wisconsin, where sleepy Campus Police officers busy themselves writing citations for spitting on the sidewalk. But we know, Anna must see for herself.

Emerging from the subterranean chaos of Penn Station, we begin our two-day odyssey. Piles of old snow are melting, revealing a winter's worth of grit, grime and garbage. Dirty water drips from scaffoldings and fire escapes above us, sometimes landing in our hair. The subway stations are a hideous cornucopia of acrid odors and filthy corners piled with discarded cigarette butts.

The housewife in me wants to spray the whole place with bleach and give it a good scrubbing. Anna, on the other hand, is mortified that I am a quintessential tourist, fiddling clumsily with my maps and subway diagrams, stopping every few blocks to mutter, "Now, which street is this?"

Despite her embarrassment, we manage to visit all the fashion design schools in Manhattan and Brooklyn in two days, using only a Metrocard, one \$12 cab ride, and just under 42,000 Fitbit steps. After our last tour at Parson's School of Design, Anna slumps



over a chair in the admissions office, sore, tired, and overwhelmed with the realities of the big city college experience.

I thought I'd be relieved if Anna was disappointed with urban life, but my parental instinct to protect my daughter from danger is tempered by my need to support her dreams. "Hey, you want that apple now?" I offer, groping in my backpack. As I hand over the once flawlessly crisp Granny Smith, I see that it is now a mushy, oozing ball of bruises.

"Whaddya say we take a cab and go get chocolate shakes?" I say, tossing the fruit into the trash, "I know a great place on the upper East Side." As we walk out into bustling Greenwich Village, I realize that, no matter where my daughter's aspirations take her, she'll always be the apple of my eye.

Several days a week, I drop the kie 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."*

Mississippi bans texting while driving

From NCBC Public Affairs

Mississippi has become the 45th state to ban texting while driving. Gov. Phil Bryant signed the bill into law this past week.

House Bill 389 prohibits drivers from writing, sending or reading text messages, emails or social media messages. It set a \$25 fine until July 1, 2016 and \$100 after that. Making and receiving phone calls would still be legal.

Mississippi was one of only six states without a texting ban, although it previously banned texting for beginning drivers under 18 and for school bus drivers.



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.

NCBC Helping Hands

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.

CHRISTIAN COLLEGIATE ACADEMY – Christian Collegiate Academy on Dedeaux Road in Gulfport is asking for volunteers to help out at their 8th Annual Spring Festival, April 18. Volunteers are needed to help set up the festival and to perform miscellaneous duties. For more information, please contact Kathy Wall, 228-861-8337 or kathywall@cableone.net.

WEST HARRISON HIGH SCHOOL - West Harrison High School, 10399 County Farm Road, Gulfport is asking for volunteers to serve as testing proctors April 8 – 10, 7:15 a.m. – 3 p.m., April 14 – 17, 7:15 a.m. – 3 p.m., April 20 – 24, two shifts: 7:15 – 10 a.m. and 11:15 a.m. – 3 p.m., April 27 – May 1, two shifts: 7:15 - 10 a.m. and 11:15 a.m. – 3 p.m., May 4 – 8, two shifts, 7:15 – 10 a.m. and 11:15 a.m. – 3 p.m., May 11 – 15, 7:15 a.m. – 3 p.m. Volunteers

do not have to work all of the days, but are asked to stay until testing is completed for the day. Point of contact is: Julie Cullinan, 228-539-8900, or Jcullinan@harrison.k12.ms.us

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.salvationarmy.org.

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

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

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

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

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)

10:30 a.m. - Services

Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

Easter Services

April 3, 11:30 a.m., Interfaith Good Friday Service

April 5, 6 a.m., - Resurrection Sunrise Service at Seabee Lake

7 a.m. - Combined Sunrise breakfast at the Heritage Center

10:30 a.m. - Easter Service

Courses: **ASIST** (Applied Suicide Intervention Skills Training): April 7-8, 8 a.m. – 4 p.m.

safeTALK: April 21*, April 22 and April 28*, 8 a.m. – noon (designated training for Security)

The Chapel is currently undergoing renovations and events schedule are subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at gulfport-chapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis

Easter Egg Hunt

Saturday, April 4 @ Ladd Circle

Parking on the Grinder
Registration@ 9 am
First Hunt@ 10 am
Hunts for Ages 0-12!

*Open to
All Hands*

For more info call 228-871-2251 or 228-871-2323

MAR 27-APR 2

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

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

Fitness

Join the excitement of Virtual Fitness Classes today!

3/30 Aquatics Side Stroke Clinic

Don't forget about trying to Break the Record at Aquatics!

Extended pool hours begin 4/6!

Call 228-871-2668 for information



Mar 27- 5:30 p.m., Sacramento Kings vs. New Orleans Pelicans, \$27

Mar 28 & 29- 10 a.m.,

Keesler AFB Air Show, FREE

Mar 31- 12-4 p.m.; American Red Cross Blood Drive

Apr 2- 6:30 p.m. Free Movie Thursday at the Digital Cinema, Pick up coupon at Liberty

Digital Cinema at the Training Hall

Mar. 27

2 p.m.

The Lazarus Effect (PG13)

4:30 p.m.

Kingsman: The Secret Service (R)

Mar. 28

2 p.m.

McFarland, USA (PG)

5 p.m.

The SpongeBob Movie: A Sponge Out of Water 3D (PG)

7 p.m.

Kingsman: The Secret Service (R)

Mar. 29

2 p.m.

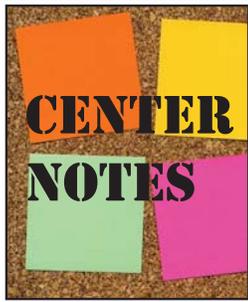
The DUFF (PG13)

4:30 p.m.

The Lazarus Effect (PG13)

**24 Hour Movie Hotline
228-871-3299**

Bldg 446, Marvin Shields Blvd.



**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.

Commissary seeks deli, bakery contract

FORT LEE, Va. - Deli and bakery services in 22 commissaries in 12 states face temporary suspension as the Defense Commissary Agency seeks a new contractor. The announcement of March 20, comes because the agency terminated two deli/bakery service contracts held by Nayyarsons Corporation, a food service company headquartered in New Hyde Park, N.Y. DeCA's decision to terminate its two remaining contracts with Nayyarsons for its Great Lakes and Gulf Coast areas was made for the convenience of the commissary customer, said Defense Commissary Agency Director and CEO Joseph H. Jeu. As an interim solution, to avoid disruption of services, the agency is pursuing the hiring of the outgoing contractor's eligible workforce on a temporary basis to deliver limited services until a new contractor is brought on board. If a break in deli/bakery services occurs, customers can purchase cold cuts, potato and macaroni salad, fruit and vegetable trays, and similar items in their commissary grocery and produce aisles. Store management has increased product quantities and will bring in new items to help fill in any short-term void.



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, Inter-
net/email access, X-Box

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

**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 and lunch. Visit <https://usostar-and-stripes.eventbrite.com> to register on line or contact Bobby Lamb (robert.lamb@hii-ingalls.com; 228-935-1277 or 228-257-9420

