

SEABEE COURIER

NCBC hosts Back to School Bash and National Night Out

By **Brian Lamar**
NCBC Public Affairs

Multiple agencies assigned to the Naval Construction Battalion Center got together at Ladd Circle on base in the evening of Aug. 3 and hosted a National Night Out Back to School Bash.

The purpose of the night was to end the summer season as students began the school year this week.

"National Night Out is an annual community-building campaign that promotes police-community, partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live," said Debbie Brockway, the Morale Welfare and Recreation organizer of NCBC.

"MWR hosts a Back to School Bash each year to celebrate the upcoming school year, our school liaison officer, Kevin Byrd is there to answer questions and we are joined by other quality of life resources on the base," said Brockway.

The events have been separate in the past, but base leaders decided to combine the two events since they are held so close together.

"This is so much fun, I am having a great time," said Sara Walkins, a family member of personnel assigned to NCBC.

The event had several bouncy castles, games for younger and older family members, pony rides, booths for face painting, temporary tattoos, snow cones and giveaway items for starting back to school.

Most of the children were embroiled in a raucous tournament of knockerball through nearly the entire event.

The event was supposed to last from 6 to 8 p.m., but a thunderstorm cell could be seen on the horizon and around 7 p.m. Lightning began to rain down in multiple bursts sending everyone scattering and clambering to their vehicles. Although cut short, everyone seemed to have a great time while they could.



Above: Nearly two dozen students completed in several rounds of a knockerball tournament during the National Night Out and Back to School Bash at Ladd Circle Aug. 3. The purpose of the evening was to celebrate the end of the summer season and the beginning of the school year. This is the first year that the two events have been combined.

Top: Two teens practice their skills at the hoops. One teen said that he plans to play basketball this year and is looking forward to basketball season.

Left: Parents and students take a ride on the "Ladd Circle express." The train ran continuously throughout the event. (U.S. Navy photos by Brian Lamar/Released)

NCBC

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Rob Mims

Assistant PAO

Brian Lamar

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Vacant

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NCBC gives with Feds Feed Families

By Brian Lamar
NCBC Public Affairs

Religious Program Specialist 2nd Class Henry Shoemaker, a chaplain's assistant with the Seabee Memorial Chapel, is one man playing a role in the fight to end hunger in America.

Sweat drips off of his brow in the humid mid 90s heat while he lifts dozens of boxes and bags filled with groceries and loads them into a government van from several locations around the Naval Construction Battalion Center.

The groceries are items donated by Naval personnel and family members for the Feds Feed Families program, which is a Department of Agriculture annual fundraiser that has collected 59 million pounds of food since its inception in 2009.

Open season for the fundraiser is June 1 to Aug. 31. NCBC personnel have already surpassed 1,200 pounds so far this year.

"Our goal is to beat last year's donations. We collected 2,000 pounds last year and we are already past the halfway mark. I think we can do it," said Shoemaker.

Shoemaker said that people who want to get in on the giving can donate items like canned goods, dry boxed food and anything with a long shelf life.

For those who need more convenience to give, the commissary has put together bags for sale at the checkout lines with a prepackaged amount of food.

"Some people just want to tell the cashier to add a donation bag to their bill and they don't even have to go through their pantry," said Shoemaker.

So far, NCBC staff members have dropped off items at five different food banks around the area. They try to wait until there is approximately 100 pounds or more before dropping off each load to make it worth the food bank's time.

July 29, Shoemaker dropped off 300 pounds of food at the Back Bay, mission in Biloxi. Staff at the Mission said donations like the one from the base help them divert funds to fresh foods like vegetables, fruit, meat and dairy products.

"It means the world to me. It saves my life every month, thank Jesus for it," said Caroline Morrow, who receives groceries at the mission regularly.

Naval personnel who want to get in on the giving before the program closes Aug. 31 can either drop off food at NCBC Headquarters Building 1, The Navy Exchange, the Commissary or the Fleet and Family Support Center.



Religious Programs 2nd Class Henry Shoemaker, a chaplain's assistant at the Seabee Memorial Chapel, unload food at the Back Bay Mission in Biloxi, Mississippi July 29. (U.S. Navy photo by Brian Lamar/Released)



Religious Program Specialist 2nd Class Henry Shoemaker a chaplain's assistant and Steelworker Constructionman Tyler Norha, a limited duty personnel assigned to the Seabee Memorial Chapel, unload food at the Back Bay Mission in Biloxi July 29. (U.S. Navy photo by Brian Lamar/Released)

Back in Time: Seabee History

July 31

1943: 107th Naval Construction Battalion (NCB) commissioned at Naval Construction Training Center (NCTC) Camp Peary, Magruder, Virginia.

1972: Equipment Operator Constructionman Camella Jones formally has her designation changed from Seaman to Constructionman, thereby becoming the first female Seabee at Naval Air Station, Kingsville, Texas.

August 1

1966: NMCB 9 main body of 646 personnel deployed to Da Nang, Republic of Vietnam (RVN) on seven C-141 aircraft.

1967: The 32nd NCR was established at Gia Le – Phu Bai, RVN. Cmdr. R.L. Foley, Civil Engineer Corps (CEC), commanding officer of

NMCB 3, assumed command of the 32nd NCR at commissioning ceremonies of the regiment.

1967: NMCB 121 arrived at Phu Bai, RVN.

1985: NMCB 7 re-commissioned at Construction Battalion center (CBC) Gulfport, Mississippi.

2002: Capt. Gary Engle was selected as the first Chief of Staff of the newly established First Naval Construction Division (1NCD), which was commissioned to lead the Naval Construction Force (NCF) globally.

August 2

1942: 16th NCB commissioned at Camp Allen, Norfolk, Virginia.

1965: On this day the Chief of Naval Material transferred the material support responsibility for the Navy's floating drydocks to the Bureau of Ships from the



Seabees with Naval Mobile Construction Battalion (NMCB) 7's Delta Company pour generator building walls for the Page communication facility in Phu Bai, Republic of Vietnam, May 25, 1966. (Photo courtesy of U.S. Navy Seabee Museum)

Bureau of Yards and Docks. The transfer was made in order to provide more effective support to the Navy's Operating Forces. Material support included research, development, test, procurement, production, supply, and maintenance and modification, as well as the planning, budgeting, and provision of feasibility advice for the floating drydocks.

August 3

1967: NMCB 8 main body of 20 officers and 664 enlisted personnel deployed by eight C-141s from Chu Lai, RVN to CBC, Port Hueneme, California.

1967: NMCB 6 main body of 19 officers and 533 enlisted men arrived in Camp Miller, Chu Lai, RVN.

August 5

1943: 113th NCB commissioned at NCTC Camp Peary, Magruder, Virginia.

1968: Special battalion quarters held to announce that NMCB 74 had been selected as best of type among the Atlantic Fleet Construction Forces for the period of July 1967 to July 1968.

1969: Seabee Team 0312 deployed to Ben Tre, RVN via government aircraft.

1970: Main body of NMCB 71 departed Davisville, Rhode Island for deployment at Guantanamo Bay, Cuba.

August 6

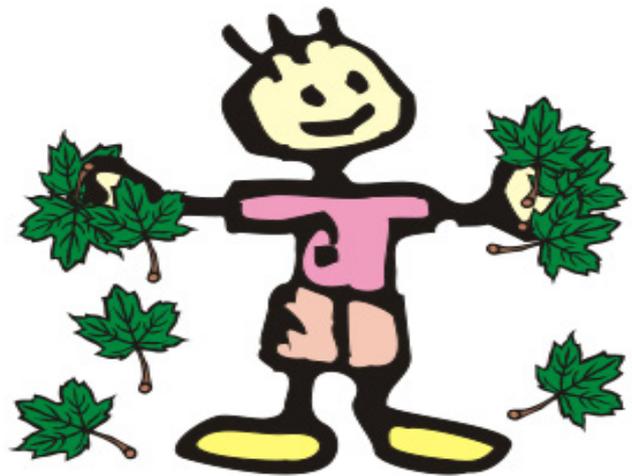
1945: A U.S. Army Air Force B-29 bomber, called the Enola Gay, took off from North Field on the island of Tinian Island and later in the day dropped an atomic bomb on Hiroshima, Honshu, Japan. This was the first time that the weapon, until

then held secret, was used for a military purpose. The bomb destroyed over four square miles of the city and brought death or injury to over 160,000 people. Seabees of the 6th Naval Construction Brigade participated in many phases of the operation. When the USS Indianapolis arrived at Tinian from the Naval Weapons Center, Port Chicago, California, Seabees helped with the unloading of the components of the atomic bomb. The Seabees then stored the elements in a shed built by themselves, and they then organized a detachment to guard the shed and its mysterious contents. Scientists assembled the atomic bombs in the shed with several Seabees assisting as handymen. Later, when she started on her mission to Japan, the Enola Gay with her atomic bomb took off from Tinian's North field which the Seabees had built.



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Seabee Courier

Hard work, innovation fuels energy savings at NCBC

By **Brian Lamar**
NCBC Public Affairs

For two of the last three years, The Naval Construction Battalion Center – Gulfport has been designated as the most energy-efficient naval installation per square foot in the country.

The rating is given to the base after each public works department in the Navy releases the annual energy consumption report to higher headquarters in the spring and all bases' figures are tallied up and put in ranking order.

This has been recognized by the base receiving the highest Platinum level SecNav Energy and Water conservation award two out of the last three years.

"It is a simple equation to deter-

mine the energy intensity of the base. The total amount of energy, MTBUs, consumed by the base is divided by the total square footage of the base, which is roughly four million square feet," said Matt Schultz, NCBC public works facilities director.

To come out on top in terms of energy conservation, the staff members at public works have been working on several projects. The first goal was to create a buzz among the base population to educate personnel by rewiring everyone's thought processes to remember to conserve energy with things like turning the lights off when not needed, Schultz explained in a conference room mostly lit by what he calls harvested ambient light.

The next big step for Schultz's

team was to begin replacing energy sapping lighting systems throughout the base. The base has replaced many outdoor lights, and nearly 18,000 indoor fixtures with energy efficient LED fixtures.

"So far we've replaced 424 street lights, 450 parking lot lights, 3000 building exterior lights and the indoor lights in 23 facilities with LED fixtures, with more to follow on with a new contract," said Schultz.

Not only are these fixtures much more energy efficient, they produce a much better quality of light and create a safer working environment, according to Schultz.

NCBC has a couple of obstacles hindering energy consumption. The warehouses are vast open buildings that do not typically consume

an enormous amount of energy, but they also are hard to convert into savings.

In another effort to make the base more energy friendly, the base has delved into new solar projects and has built solar farms on the roofs around base. "Currently, the max output of the existing Navy-owned solar farm is .78 megawatts," said Schultz.

Besides being good for the environment by the facility relying less on fossil fuels to power daily operation, the tangible benefit on the pocket book is noticeable.

Ten years ago, the bases' power bill each year was around \$5 million; now, it's about \$3.2 million a year, that is a big savings each year for taxpayers," said Schultz.

FY 16/17 Energy Conservation Campaign

Courtesy NCBC Public Works

As designated by our Commander-in-Chief and championed by the entire Chain of Command, October is Energy Action Month, but at Naval Construction Battalion Center-Gulfport, Energy Awareness and Conservation continues throughout the year. This year, we have developed an Energy Conservation Campaign to not only remind us to conserve energy, but to also provide us with the necessary tools to save energy on base, at home, or in the office.

Throughout this year-long campaign, I challenge you to lead by example and encourage others to form energy-saving habits. It only takes the courage of one person to change the minds and actions of many, so let's start here at NCBC Gulfport.

The mission of the Navy and Marine Corps is to provide the global presence necessary to

ensure stability, to deter potential adversaries, and to present options in times of crisis. Energy is critical to our ability to provide that presence. That is why we are transforming our energy culture – to make us more effective, more agile, and better protected. Diversifying our energy supplies and optimizing our energy use make us better warfighters by ensuring we have the energy we need, when and where we need it.

Public Works will be hosting a number of events throughout the year aimed at providing you with tools to conserve energy not only in your workplace, but also at your home. This campaign is a great time to refocus our efforts to reduce our energy consumption. As we kick off this year's campaign, let's begin making energy conservation a part of our day-to-day activity through these simple but important actions.

Switch off all unnecessary lights and

equipment. Make sure conference and break rooms lights are off if not used.

Lower your hot water heater thermostat to 120 Deg Fahrenheit.

Use LED light bulbs. (Incandescent bulbs are prohibited on Navy Installations)

Use power-down or sleep mode feature for CPU's and turn off monitors.

At the end of the day, turn copy machines and printers off.

Keep government vehicles maintained and only drive when necessary.

Drive sensibly; aggressive driving such as speeding, and rapid acceleration and braking, wastes fuel.

Our commitment at NCBC Gulfport is greater than ever, and during the course of the next several months we ask that you become a knowledgeable steward of energy resources and begin conserving energy for a stronger future. You make it happen!

Catch the Olympic action at The Hive

Cheer the USA to victory all August long!
Wed - Sat
6 p.m. - Close

Questions? Call 228-871-4009 or send us an email at NCBC_Gulfport_MWR@navy.mil or on navymwrgulfport.com

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Fort Hays State University is now conducting advanced registration for Fall, 2016 Term for its On-Line courses. Please contact Dr. David Drye for more information through the Navy College Office (NCO) in Building 60, Room 239 or at daviddrye@att.net or at 228-223-4926.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Retirement Event Planning: Beware of Bridezilla

My husband, Francis, is truly extraordinary. And no one knows it better than he does.

Some men humbly avoid excess attention and accolades of praise. But not Francis. He prefers the limelight, and finds no shame in celebrating himself.

So, several months ago, when he announced that he would transition out of the military after 28 years of service, he knew he wanted to plan a spectacular retirement event that would match his exceptional personality.

While I expected Francis to dictate the details of the program for the retirement ceremony, I thought that he would naturally want to leave much of the minutia of the after-party — food, drink, decorations, music, etc. — to me as his more domestic partner.

But early on, when I suggested a modest guest list and affordable catering at our house, Francis scoffed. I soon realized that, although he would stand before the throngs of well wishers at the retirement ceremony and tell them "we are a team," he had no intention of leaving any of the planning to me.

I would have been perfectly happy setting up borrowed folding tables in our

back yard, but before I knew it, Francis had signed a contract with a professional company for a 60-foot rental tent that included lights, a dance floor, and tables. He met with musicians, security personnel, caterers, photographers, bartenders for hire, and the members of a steel drum band. He stayed up late night after night, picking the format for the program, selecting photographs for a slideshow, writing his speech, and going over the ten-page guest list spreadsheet.

As if a one-day retirement event wasn't enough, Francis also rented three tailgating spaces and two shade tents at the local polo

grounds, and invited our guests to continue the celebration at the polo match the next day.

While worrying that Francis was draining our kids' college accounts to pay for everything, I began to realize that planning his military retirement event was very similar to planning a wedding. I warned our youngest daughter, Lilly, who was turning 16 a few days before the

ceremony, that she might get overlooked. "Go watch the movie 'Sixteen Candles'..." I told her, "... you're Molly Ringwald and your dad is the bride."

And just like a bride to be, Francis soon became frazzled with all the details. A cousin said she'd cancel unless Francis could find a suitable kennel for her dog, friends announced they were bringing uninvited guests, no one ordered bowls for the bisque, the tent company needed more electrical outlets, the caterers asked that we provide a floral arrangement for the dessert table, and the weather report called for thunderstorms.

The most popular last-minute questions that came in from guests were "What the hell is 'business casual' anyway?" and, even though detailed maps went out with the invitations, "Can you give me directions to the event?"

"I have got to get my hair cut!" Francis barked yesterday morning while I tried to keep up with him on a powerwalk around the base. "And

please do not let me forget to ask the caterers if they are supplying the cutlery. I still need to wrap the highball glasses I bought for Father Joe, and borrow two more chest coolers for the polo match. Do you think I should play the slideshow before or after my speech?"

When I asked him what I could do to help, he gave me the following list: "1. Charge the camcorder, and 2. Pick out your outfit."

Fortunately, I really don't mind that Francis is planning the entire event without me. In fact, as long as we don't go broke, I'm pleased as punch about it.

Besides, unlike some weddings, a military retirement ceremony only happens once in a lifetime, and after 28 years of dedication, sacrifice and service to our country, Francis deserves to have the celebration he has always dreamed about.

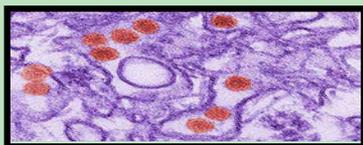
And I'll be the first one to kiss the bride.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, R.I. 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.*



Zika Virus Information Update

The links below will lead you to updated Navy Zika information sheet and trifold for Sailors, Marines and their families.



Info sheet:

<http://www.med.navy.mil/sites/nmcphc/Documents/program-and-policy-support/>

Navy-Zika-InfoSheet.pdf
Trifold:

<http://www.med.navy.mil/sites/nmcphc/Documents/program-and-policy-support/Navy-Zika-Trifold.pdf>

Point of contact for Zika Virus information at Naval Branch Health Clinic (NBHC) Gulfport is HN Brian Masse, who may be contacted via email at: brian.d.masse.mil@mail.mil.

Moving? Mailing packages? Need a box? Visit the **Recycling Center**, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!



NMCB 133 Seabees train with Ukrainian Marines

By MC2 Brittney Carnady
NMCB 133 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 and U.S. Marines with Fleet Anti-Terrorism Security Team (FAST) Company Europe participated in a training exercise with Ukrainian Marines of the 36th Engineering Regiment, July 25 Shiroky Lan, Ukraine.

The event provided the Ukrainian military a chance to learn proper techniques for laying triple strand concertina wire during combat operations. Triple concertina wire consists of two lines of concertina serving as a base with a third line resting on top with staggered joints, or pickets and when erected properly it forms an effective obstacle that is difficult to cross, cut or penetrate.

To help explain the training exercise, Seabees and FAST Company Marines worked with an interpreter and gave a brief presentation on laying concertina wire before getting down to business.

"We put this training together so the engineers would be able to see some of the methods we use during our own evolutions and add to the skill set that they already have," said Builder 1st Class Joshua Cooper, lead instructor.

As subject matter experts, FAST Company Marines served as instructors for the tactical portion of the event.

"I think having the slideshow to discuss was a good starting point for the Ukrainian engineers, because once we got the wire, stakes and other materials out in front of them, they were able to see for themselves how it all comes together," said Marine Corps Cpl. Ryan Gardner. "They



Utilitiesman 1st Class Luis Alarcon (left), assigned to Naval Mobile Construction Battalion 133, shows Ukrainian Marines how to place pickets for a concertina wire structure during Sea Breeze 2016 in Shiroky Lan, Ukraine, July 25, 2016. Sea Breeze is a multinational exercise co-hosted by Ukraine and the United States and seeks to enhance interoperability with Black Sea and regional partners and strengthen regional security through air, land and sea components, which tests forces' capabilities throughout the full spectrum of operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Brittney Cannady/Released)

learned really quick, even with the short amount of time we had today, so that was pretty impressive."

The engineers were split into three teams and given the opportunity to demonstrate the skills they learned, with one group in charge of laying pickets, one to install them, and a third to lay out the concertina rolls. Instructors acted as safety observers and ensured the teams' placement was

correct. Accurately laying pickets is a crucial part of assembling the structure; when done the right way it prevents intruders from breaking through the wire.

After the teams finished their sections, they competed in a race to see how quickly they could lay triple strand wire without help, and completed the challenge in only eight minutes.

"We gave them 15 minutes to

get the wire done and they were able to get it done in half that time," said Cooper. "The Ukrainian Marines really knocked it out of the park today. We partnered with them during the first portion of training and when they figured out how to get their placement right, they finished quickly. I think the course really gave them confidence to be able to build the best structure they can."

NMCB 1 CPX focuses on the fight

By MC1 Brannon Deugan
NMCB 1 Public Affairs

NMCB 1 concluded a three-day Command Post Exercise focusing on the fighting aspect of the Seabee's motto, "We Build, We Fight," aboard Naval Construction Battalion Center, Gulfport, July 22.

The exercise concentrated on command and control, communications, and timely decision making processes for real-world scenarios.

"Communication is very important," said Engineering Aide 3rd Class Peris Karanja. "The information received provides a visual of the process and allows for decisive decisions to be made regarding whether or not support needs to be sent out to contain the lines." Karanja, who stood watch inside the Combat Operation Center during the exercise, was able to learn the importance of communications in war-fighting decisions that are made based on information being passed to and from all of the outlying Detachment sites, Entry Control Points, and Company Posts.

More than 200 Seabees participated in different scenarios. The concentrated exercise is a series of training events leading to the battalion's final Field Training Exercise, which certifies that the battalion can deploy.



Personnel Specialist 1st Class Jennifer Johnston, left, and Engineering Aide 3rd Class Peris Karanja, discuss a significant event during Naval Mobile Construction Battalion 1's Command Post Exercise aboard NCBC July 22. (Photo by MC1 Brannon Deugan/Released)



PROTECT YOUR HOME



ELIMINATE STANDING WATER

Regularly empty, cover or turn over equipment that can hold water. Mosquitoes lay eggs near or in standing pools of water, such as tires, tarps and kiddie pools. Even the smallest amount of water is a potential breeding ground.

KEEP MOSQUITOES OUTSIDE

Use air conditioning to keep your home cool this summer. Ensure window and door screens are properly repaired and in good condition to safeguard your home.



August 4, 2016

Seabee Memorial Chapel

What's happening at the chapel?

Sunday

9:15 a.m. - Sunday School
10:30 a.m. - Protestant Service
11 a.m. - Children's Church

Wednesday

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



Sunday

9 a.m. - Mass
10 a.m. - CCD Class

Monday, Tuesday & Friday

11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour
6 p.m. - Mass
6:30 p.m. - Fellowship

Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events at: <https://www.facebook.com/ncbcchapel>. We may be reached by email at gulfportchapel.fct@navy.mil or by phone at 228-871-2454.

NCBC Command Chaplain (Lt. Cmdr.) Ammie Davis

Seabee Courier

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MWR

AUG 5-11

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Regular movie showings Friday - Sunday of every week!

What's showing this weekend:
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The Legend of Tarzan (PG-13);
Finding Dory (PG)

Download the schedule from
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Movie Hotline at
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8/5 - 4 a.m., Lakeside Trip;
Movie Night, Free
8/6 - 10 a.m., Gulf Islands
Water Park, \$17
8/8 - 6 p.m., Movie Monday,
Free Popcorn
8/9 - 6 p.m., Tournament
Tuesday: Wing Eating Contest,
1st Place Prize
8/10 - 6 p.m., Color
Wednesday, Free
8/11 - 6 p.m., Auto Skills 101:
Fall Safety, Free
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Coach's Meeting Sept. 2, 12p

FITNESS SCHEDULE

Mon - Yoga 9a; H2O
Express 10:30a;
Zumba 10:15a & 5:15p
Tues - Water Aerobics
10:15a; Circuit Training
12:15p;
NOFFS 4p; Yoga 4:15p;
Water Aerobics 5:30p
Wed - Yoga 9a; H2O
Express 10:30a;
Zumba 10:15a & 5:15p
Thurs - Water Aerobics
10:15a; Circuit Training
12:15p;
NOFFS 4p; Yoga 4:15p;
Water Aerobics 5:30p
Fri - Yoga 9 a; Zumba
10:15a
Sat - Zumba 10:15a;
Water Aerobics 10:15a

Facility Name	Phone	Facility Name	Phone
Anchors and Eagles	871-4607	MWR Admin	871-2538
Auto Skills Center	871-2804	CR Outdoor Rental	871-2127
The Hive	871-4009	School Liaison	871-2117
Fitness Center & Aquatics	871-2668	Shields RV Park	871-5435
Child Development Center	871-2323	The Grill	871-2494
Seabee Cinema	871-3299	Youth Activities Center	871-2251
CR Tickets & Travel	871-2231	Liberty Center	871-4684

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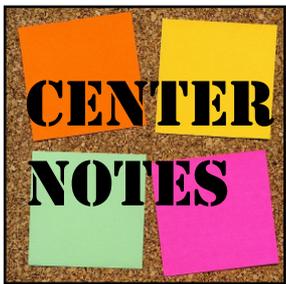
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MWR



SUPPORT

NMCB 11 Family Readiness Group (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 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 welcome 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 nmcb-11frg@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@focus-project.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 at 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.

TRAINING

Naval Sea Cadets - The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that helps 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, second 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. in the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at natashia.handley@navy.mil or Vice President, BUCN Miller at tariqah.miller@navy.mil for info.

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. Contact Post 3937 at 228-863-8602 for details.

Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in Veterans Affairs Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at 213 Klondyke Road, Long Beach, Mississippi. Contact Carol Fetters, President at 228-832-4893 or email cfetters@cablone.net 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 second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for information.

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>.

Disabled American Veterans (DAV), Chapter 5 invites veterans and future veterans to monthly meetings held the third 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 happy to welcome new members. You do not have to be retired to be a member. If interested, please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, 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 DVDs. Contact them at www.seabee-museum-store.org or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

NCBC Helping Hands

MISSISSIPPI CITY CEMETERY - Volunteers needed to spruce up the Mississippi City Cemetery located south of Pass Road and Washington Ave in Gulfport. Point of contact is Chuck McKinley, 228-326-4006 or email cmckinley@cablone.net.

HOME REPAIRS - Volunteers are needed to help a disabled widow of a retired Seabee with some home repairs. If you would like to help out, please contact Ms. Savage at 228-206-3367.

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 U.S. 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.

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. Call 228-604-4020 or email office@disabilityconnection.org.

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

USO GULF COAST - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host, ensuring guests sign in, offer snacks and beverages, and sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing

training, which usually lasts two hours. Please visit www.USOVolunteer.org and register.

ARMED FORCES RETIREMENT HOME - Volunteers are needed to assist with a variety of activities at AFRH. Please contact volunteer coordinator at 228-897-4417 to find out more information.

MAKING STRIDES AGAINST BREAST CANCER - Volunteers needed for a 5K walk October 22 starting at the Biloxi Town Green. Registration starts at 7 a.m. and the walk begins at 8 a.m. For more information, call 228-217-4613.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS/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.



PROTECT YOURSELF



USE INSECT REPELLENT WHEN OUTSIDE

Insect repellent is safe for nursing and pregnant mothers, as well as their children. Look for repellents with 20-30% DEET or 20% Picaridin (also known as KBR 3023, Bayrepel or icaridin).

WEAR PROTECTIVE CLOTHING

Protect yourself from mosquito bites by treating clothing with repellent containing Permethrin and wearing light-colored, long-sleeve shirts when outside.