

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

May 17, 2012

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NMCB 7 works to expand Al Masaak and improve Mya Neshin. *Pages 5, 10*



NCTC program provides staff the tools to make a difference in their lives. *Page 6*



Fallen Seabees are honored during annual memorial ceremony in Jacksonville. *Page 9*

Seabee Center Stands Down for 101 Critical Days of Summer



Naval Construction Battalion Center (NCBC) and 20th Seabee Readiness Group (SRG) Safety Offices presented Seabees, Sailors and Civilians attached to NCBC 101-Days of Summer Safety Stand Down training through 13 interactive stations that demonstrated off-duty recreation safety on board NCBC, May 8. The purpose of the Stand Down was to educate and prepare Department of Defense military and civilians on safety hazards, particularly those related to summer activities. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Read story on page 4

Skipper's Log

Thank you to our Military Families

Capt. Rick Burgess
 CO/CBC/CMDR 20TH SRG

Last month we celebrated the Month of the Military Child and last week we celebrated Military Spouse Appreciation Day. These two events have special meaning to our Seabee Community.

With our deployment cycles such as they are, Seabees can end up away from home more than they are here. A Seabee deployment always means lots of hard work, usually with Spartan living conditions, and occasionally involves dangerous missions. Still, while Seabees truly sacrifice while they are deployed, the ones they leave at home share equally in their sacrifice.

For military children, there are sports activities, birthday celebrations, father/daughter dances, graduations and the multitude of other activities a child wishes their military parent could be there to experience with them. And if the child comes from a dual military family, it can be tougher still.

Sacrificing for military spouses begins when they become single parents the moment the plane departs with their Seabee on board. The work of running a household that two people used to handle together is now placed solely on one.

Spouses must get the children



to school, help with homework, do the laundry, shop for groceries, maintain vehicles and pay the bills, all the while worrying about their deployed spouse, and often while working outside the house or going to school themselves. It is not an easy task, but Seabee spouses do it especially well.

It takes a very special type of person to be a Seabee spouse. The "Can Do" attitude that is the hallmark of the Seabees stands out in the spouse of a Seabee. Maybe it comes from knowing their Seabee is out helping win a war or helping to prevent the next one by improving living conditions in a third world country. Either way, they stand by their Seabee.

For all the military spouses and children, please accept my sincere gratitude for everything you do to support your Seabee. Thank you for your sacrifices today and every day!

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, E-mail: CNRSE_HOTLINE@navy.mil.

Navy Legal

Phone scams: Don't become a victim

By Thomas E. Wallace, Esq.
 NLSO SE

Recently, the offices at Naval Air Station, Jacksonville, Fla., have had four clients come in to complain about a new phone scam.

In this scam, the fact patterns are alarmingly similar. The clients complaining of this scam have all been active duty military members. The client indicates that they have received a phone call from out of the blue and that first, there is a threatening message left on the member's cellular phone. This phone call is then quickly followed by a call to the service member at their unit work number.

When the service member answers the call, they are quickly advised that they are being forwarded to the agent's supervisor. The "supervisor" will identify himself with what is probably a made up name and claim that the service member owes the company a defaulted debt from a pay day loan the service member allegedly obtained a year ago.

In all of these cases, the service members have indicated to our office that they never obtained the debt alleged by the caller. In each of the calls, the caller advises the member that court action for the collection of the alleged debt is imminent and that the caller is seconds away from having the "judgment downloaded" or a "court order to be entered" against the service member.

In one case, the caller identified himself as a licensed attorney. When confronted by one of our attorneys who demanded the so-called attorney's bar identification number, the caller immediately hung up the phone. Therefore, it could be assumed that the assertion

made by the caller that he was a licensed attorney was false.

When the member continues to deny the debt to the caller, the caller will then try to verify that the caller is the person to whom the alleged deficient debt belongs.

Here is the scary part of this story. In each of these cases, the caller is described as having a heavy foreign accent. Even more disturbing is that the caller then correctly lists most of the Personally Identifiable Information (PII) belonging to the service member, including but not limited to: (1) the full name; (2) address; (3) work phone number; (4) cellular phone number; (5) full social security number; (6) full driver's license number; (7) date of birth; and (8) the correct name of the member's bank.

In each case, the information the caller has is somehow slightly inaccurate leading our office to believe that the caller is "phishing" for a missing piece of information, like a bank account number, to enable the caller to then drain the member's accounts of whatever money they contain.

The phone numbers of these callers have been difficult to trace.

Thankfully, none of the service members confronted by this scam who consulted our office fell for it and none of them shared any information and maintained a denial of the false debt. Furthermore, none of the service members offered to pay any money on the false debt.

In the event that a service member is contacted by such a caller, it is that they note as much contact information about the caller without sharing or confirming any informa-

See SCAM page 13

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Mass Comm. Specialist
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Around the Center



Lydia Dhlke, a Zumba instructor at the Fitness Center on board NCBC, teaches a class May 10. Zumba is moderate to high intensity exercise that uses dance as a cardio to tone the body. Classes are held Mondays and Wednesdays at 5 p.m., and Tuesdays and Thursdays at noon. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Naval Construction Battalion Center (NCBC) Executive Officer Capt. Stan Wiles shines the boots of Culinary Specialist 2nd Class Surrayah Jones, assigned to NCBC, Master-at-Arms Office, on the NCBC Quarterdeck as part of a Navy-Marine Corps Relief Society (NMCRS) fund raiser. Wiles has offered to work for any organization on base for \$50 per hour, with all proceeds going toward the NMCRS Active Duty Fund Drive. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Mother's Day Tea was a special event at the NCBC Child Development Center May 11. Guest speaker Paula Ingram from the Fleet and Family Support Center (FFSC) gave Homecoming Tips for families with children to the moms and dads in attendance. The parents also had cake and ice cream in their child's class room. Moms were also surprised with flowers and gifts from their children. (U.S. Navy photo courtesy of MWR/Released)

Construction Electrician 2nd Class Fred Downs assigned to Naval Mobile Construction Battalion (NMCB) 21 and Construction Electrician 3rd Class Alex Pisa of NMCB 1 install a cross arm during CEC1 Advance Class on board NCBC, May 9. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



New NCBC Gate Hours . . .

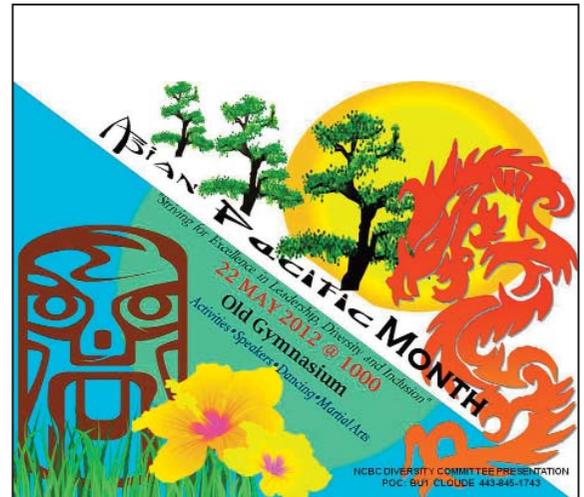
Effective May 21, Naval Construction Battalion Center (NCBC) gates will be open as follows:

Pass Road: 24 hours, 7 days a week

Broad Avenue: 5 a.m. - 5 p.m., Monday -Friday and 9 a.m. - 5 p.m., Sat/Sun and Holidays

28th Street: 5 a.m. - 5 p.m., Monday-Friday and 5 - 7 p.m., Outbound Only

Commission Road: CLOSED



Asian Pacific Islander Heritage Luncheon



Colmer Dining Facility is hosting a luncheon in honor of "NSCM Asian Pacific Islander Heritage May 22, 11 a.m. until 12:30 p.m. All personnel with access to NCBC Gulfport are welcome to attend. Cost: \$4.55 per person.

Asian Stir-fry Soup, Shrimp w/ Chili Sauce & Lime, Whole Roasted Pig, Chicken Adobo, Lumpia, Steamed Rice, Angel Hair Pasta, Filipino Style w/ Shrimp (Pancit), Oriental Stir-Fry Vegetables, Green Beans Lyonnaise, Assorted Desserts, Seabee Salad Bar, Seabee Fruit Bar

101 Days of Summer Training Moves Outside

By MCC (SCW) Ryan G. Wilber
NCBC Public Affairs

Leaders of Naval Construction Battalion Center (NCBC) Gulfport and 20th Seabee Readiness Group (SRG) Safety Offices moved their annual 101 Days of Summer Safety Stand Down out of the classroom and outside into the fresh air to train military members and Department of Defense (DoD) civilians on recreational safety on board NCBC, May 8.

Safety Stand Downs are DoD mandated trainings held at certain key times during the year, such as before the summer season, which begins Memorial Day weekend and ends Labor Day weekend. Historically, summer is a high risk time for off-duty

recreation safety mishaps, so in an effort to put safety at the forefront of summer plans training is held.

"With all the factors that play into the summer months, everybody goes on vacation, jumps in a boat, and it's important for people to get safety training beforehand," said Betty Long, NCBC safety manager.

Although safety stand downs are mandated, the format in which they are delivered is not. NCBC and 20th SRG safety leaders decided to move the training outside to give the participants a more hands-on experience for what they believe will be more effective training.

"We decided to conduct the safety stand down out here, be-

cause it gives more interaction for the troops rather than sitting in a theater getting a brief. They can actually go around and be more involved in the topics, and pay better attention to what's being taught instead of just getting a PowerPoint brief," said Chief Builder Charles Updike, 20th SRG safety chief.

The stand down was focused on off-duty recreation safety, an area of concern for command leadership, due to the many hazards associated with the summer months.

"Safety stand down's, such as this one, refocus the troops on recreational safety. We spend a lot of time during the week talking about work safety, and typically Seabees are safe at work, it's when they go home that they have accidents or safety incidents, lawnmower accidents, biking accidents, trips and falls at home. This refocuses the troops to pay attention in their own home," said Updike. "Our goal is to increase the knowledge of the troops, and by doing so we add the focus on recreational safety, which translates to fewer mishaps. It also gives the leadership an opportunity to reengage their troops as well."

The training was presented through 13 interactive stations that offered hands-on experience in areas such as: cardiopulmonary resuscitation, camping, boating, bicycle safety and fire prevention. Based upon the participants' reactions, it is



Walt Chesman, Safety Specialist with Naval Construction Battalion Center (NCBC) Safety talks about native insects with military personnel and civilian employees in attendance at the NCBC Safety Stand Down. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

safe to say that the training was a success.

"It's been fun, more fun than I expected. It's presented in a different manner to where it's active and engaging. Me actually [putting out the fire] is more effective than just hearing the explanation of [an action]. I was pretty slow, but next time if I actually had to do it I'm sure I would be much faster in a real situation," said Mary Ann Robinson, assigned to NCBC Fleet and Family Support Center (FFSC.)

"I enjoy it. I think it's a lot better than sitting in a training hall listening to slides over and over again. This is actually a lot more open. I like the civilian clothes and fresh air," said Builder 3rd

Class Zachary Crouse, assigned to 20th SRG, R41.

According to Updike, statistically, safety stand downs result in fewer mishaps, but the effectiveness does not last forever. He encourages departmental leaders to continue to engage their troops and employees in more personal conversations about off-duty safety to reinforce the formal training they received through the safety office.

"Our goal was to increase the knowledge of the troops, and by doing so we added the focus on recreational safety, which translates to fewer mishaps. It also gives the leadership an opportunity to reengage their troops as well," said Updike.



Dan Bertok, MWR Maintenance Worker, discusses lawn equipment safety with Naval Construction Battalion Center (NCBC) and 20th Seabee Readiness Group (SRG) military and civilian personnel during the 101 Critical Days of Summer Safety Stand Down May 8. Attendees received recreational and outdoor safety training at 13 interactive stations. (U.S. Navy photo by Chief Mass Communications Specialist Ryan G. Wilber/Released)

May 17, 2012

Seabee Courier

4

FY14 LDO /CWO

"Find Your Relief" Brief

Who:

Proven Leaders - First Class Petty Officer through Master Chief wanting to enhance and shape the Navy at the next level.



When:

May 31, 10 a.m.

Questions:

Lt. Mark Verhovshek,
228-871-2962



What:

Facts, Fiction, and Myths of the LDO / CWO ; Application Package Prep; Finding a Mentor; Appraisal Board Scheduling; Status of the Community at Large; Historical Selection Data; Where to find resources.

Where:

NCBC Training Hall

See Something Wrong, Do Something Right!



NCIS has two new 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: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

To report information Online: 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.

NMCB 7 Tactical Infrastructure Construction Team Seminole expands Al Masaak improvements

By Lt. Mark Justiss

NMCB 7 Public Affairs

Naval Mobile Construction Battalion (NMCB) 7 deployed to Afghanistan in January 2012 to support Operation Enduring Freedom. While the Main Body is at Kandahar Air Field, one of several Seabee detachments from the Battalion, Tactical Infrastructure Construction Team (TICT) Seminole, is operating forward to assist with coalition base consolidation and improvement efforts. Their hard work will have a direct impact on the footprint and capabilities of the International Security Assistance Force (ISAF) in the near future and on the success of Afghan forces for years to come.

TICT Seminole is an entity organic to NMCB 7, and was sent to Forward Operating Base (FOB) Al Masaak in order to install 6,300 linear feet of HESCO barriers, expanding the FOB perimeter. This expansion will facilitate the relocation of ISAF personnel from across Zabul Province and support ongoing missions in the region.

Equipment Operator 3rd Class Corey Moore, of Sebastian, Fla., has been on site since January, when TICT Seminole faced frigid winter conditions.

"It wasn't easy, but I feel that



Seabees with Naval Mobile Construction Battalion (NMCB) 7, build Forward Operating Base Al Masaak in southeastern Afghanistan. (U.S. Navy photo/Released)

we made a difference while we were here and it feels good," said Moore. The team has come

a long way. The site was a pile of rubble when we got here and look at it now."

The HESCOs will be complemented by 50 tent decks being built inside the camp by DynCorp International and support units from other FOBs that are reassigned to FOB Al Masaak.

The Seabees and the Romanian Army occupy the majority of the FOB. TICT Seminole has partnered with the Romanians throughout their deployment and have a fantastic working relationship with them. Captain Claudiu Tihulca and First Sergeant Vasile Bablic, Romanian 2nd Infantry Company Commander and First Sergeant, gave high praise for TICT Seminole, calling them "brothers in arms" and "exemplary models for all troops working joint nation missions." They expounded that Romanian troops "will truly miss [TICT Seminole's] presence and assistance" at FOB Al Masaak.

The Seabees have completed multiple officer in charge discretionary projects for the Romanians, including an expansion of the Romanian Command Post, reinforcement of the Entry Control Points, and improvement of fighting positions. They also helped solve tactical and logistical challenges at the FOB.

In addition to the HESCO walls, TICT Seminole was fur-

ther tasked with constructing firing points for M777 Light-weight 155mm Howitzers. This mission includes housing for the Howitzers, a Basic Load Ammo Holding Area, a Fire Direction Center, an Ammo Ready Rack, a personnel bunker, and gravel surfacing throughout the site. The M777 Howitzers allow FOB Al Masaak to provide indirect fire support for the surrounding area.

TICT Seminole's Assistant officer-in-charge, Builder 1st Class Brandon Simons, said the Seabees exhibited the highest motivation he has seen in a long time.

By the end of their deployment, TICT Seminole will have made a tangible, positive difference for security forces in the Zabul Province.

The improvements at FOB Al Masaak, deep in an area of insurgent activity, will directly support coalition efforts for the foreseeable future.

The Medina, Ohio native concluded his assessment of the project, "The FOB expansion will provide a larger setting for the incoming Romanian and U.S. units to continue to work together and continue to fight the Global War on Terror," said Simons.

May 17, 2012

Seabee Courier

Underwater Construction Team (UCT) ONE

is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change



Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.

Contact UCT CCC/Diver recruiting team @ (757) 462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohse@navy.mil or visit www.facebook.com/seabee.diver for more information.

United States Marine Corps 237th Marine Corps Ball



When: Nov. 10, 2012

Time: 6 p.m.

Place: Hollywood Casino, Bay St. Louis, Miss.

Price: \$50 (per ticket)

Uniform: Marines - Blue Dress "B" or Blue Dress "A"

Army - Army Blue (Bow Tie)

Navy - Dinner Dress Blue Jacket or Dinner Dress Blue

Air Force - Mess Dress

Civilians - Black Tie

See I&I First Sergeant, 1stSgt Costan, building 114 (NOSC) or call 228-871-3104

NCTC Nutrition class helps staff make lifestyle changes

By NCTC Public Affairs

In July 2011 Naval Construction Training Center (NCTC) began a program to help staff members take the first steps in making a lifestyle change toward better health. Technical Sergeant Allison Edwards, a Nutritionist from Keesler Air Force base was invited to conduct a Nutrition/Weight Management class. She then had one-on-one sessions with staff members who wanted to participate in the program. Since then, TSgt Edwards has met with members enrolled in the program once a month to conduct follow ups, help track their progress and make any adjustments needed. The program is open to any military or civilian member of the staff and to date the amount of weight lost by those participating is approaching 200 pounds.

Two of the biggest success stories in the program are a married couple who both serve as civilian staff members, Mike and Robin Gillis.

Here, in his own words, Mike Gillis tells the story of how the couple's journey is going:

"After climbing several flights of stairs last July, I was completely out of breath. It was finally time to get serious about getting back in shape. I had tried a number of diets and always reverted back to my old habits - it was time for an actual lifestyle change.

Robin and I joined a local fitness club (Flexfit in Long Beach) and began power walking in the pool. We started off doing 30 minutes a day three times a week, and worked our way up to two hours a day five times a week. We are currently walking three times a week for an hour each time.

In addition, we completely cut out fast food and haven't stepped foot in a Taco Bell, McDonalds, KFC or Wendy's in almost 10 months. Fried foods have been all but eliminated from our diet, while we've increased our intake of fruit and veggies using various recipes including stir-fry



and salads. That's not to say we still don't occasionally enjoy some of our favorite foods - pizza, seafood, Italian/Chinese/Japanese dishes (especially sushi) and snacks. We just practice portion control (the most critical discipline to follow), substitute veggie toppings for meat toppings, steam/bake seafood, avoid high sodium foods, use reduced carb pastas/fat-free products and eat 100 calorie snacks.

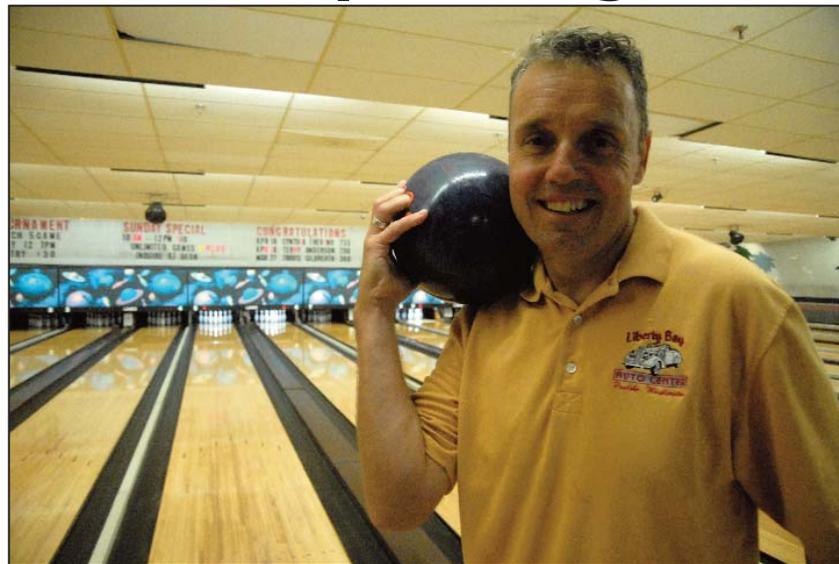
To help us track our food intake and exercise, Robin uses a program called My Fitness Pal to log everything we eat or drink and the frequency and duration of exercise.

After inputting what we consumed for the day, the program calculates calorie, protein, carb, sodium, fiber and fat totals. It also calculates how many calories we've burned once all daily exercise is logged in. The nutrition class offered by the command has provided a lot of good recommendations and validated the changes we've made in our lives.

To date, I've lost about 69 pounds and Robin over 30 pounds. I estimate it'll take me another year or so to reach my target weight. Robin will reach hers before I do. After that, we'll continue with a "maintenance plan" to stabilize our weight.

As I stated, this isn't a diet, but a complete lifestyle change. Making this transition wasn't as difficult as I would have imagined it would be. It definitely helps to have a partner for support, share the success and remain focused. With less than 10 years to go before retiring, we're making plans to do a lot of traveling and enjoy the grandkid(s). There's no doubt we'll reach our goal, maintain our target weight and live a long, healthy life."

NMCB 5 chaplain tries out for All Navy Bowling Team



Lt. Gregory Uvila, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 5, holds his bowling ball while bowling during lunch at the Naval Base Ventura County Bowling Alley in Port Hueneme, Calif. Uvila is the command chaplain and will be attending All Navy Bowling team try outs May 7-13 at Lackland Air Force Base, San Antonio, Texas. (U.S. Navy photo by Mass Communication Specialist Second Class Ace Rheume/Released)

By MC2 (SCW) Ace Rheume NMCB 5 Public Affairs

Lt. Gregory Uvila, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 5 attended All Navy Bowling team try outs May 7-13 at Lackland Air Force Base, San Antonio, Texas.

"I feel alive, I just love it and I enjoy the challenge of the sport," said Uvila.

Uvila is the command chaplain of NMCB 5. In his off-time he says he enjoys spending time with his family and bowling in tournaments and leagues whenever the opportunity is available. He says he is excited that he will be trying out for the All Navy Bowling team.

"I've been bowling two-four times a week, but I feel I'm ready. It's a huge privilege to represent NMCB 5," said Uvila.

Uvila says the application to attend the All Navy Bowling team was lengthy.

Bowlers who are selected to attend the trial camp compete for roster spots available on the All-Navy Team. Once the All-Navy Team is se-

lected, the team moves onto the Armed Forces Championships where they will compete against the Army, Air Force and Marine Corps for the title of Armed Forces Champions.

"As long as he stays true to himself and believes in his abilities, he'll do fine," said Kerry Berlin, a friend of Uvila.

Berlin and Uvila have been bowling together for 42 years.

"I wish him well. He's got the talent and I hope he does great," said Berlin.

Uvila says that he enjoys being NMCB 5's chaplain and expressed that he has wanted to bowl professionally when he was younger.

"Thirty-five years later, it's come full circle in a small way. I get to go for a week or two and represent the Navy, God and country and enjoy what I started doing a long time ago," said Uvila.

Editor's Note: At the time of publication, the try out results were not known.

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Seabee Courier

"Shipmate to Workmate" Job Fair . . . Separating service members, veterans and spouses are invited to a Shipmate to Workmate Job Fair June 7, 10 a.m. - 2 p.m. at building 361 (old gym). The event should have over 40 employers who are hiring. Personnel who plan to attend are highly encouraged to register at the following site: HoH.GreatJob.net, and to upload their resumes at least two weeks in advance of the career fair. Uploading your resume enables some employers to hire you on the spot. For more information contact Jeff Isabell at 228-871-3000.

Buzz on the Street



By UTCN Daneia Johnson
NCBC Public Affairs

What are some ways you save money?



"I set a monthly budget on things I purchase."

EACN (SCW) Edward Shelton
25th NCR
Hometown: King George, Va.



"I try to differentiate my wants from my needs."

BUCR Zachariah Kassube
NMCB 1
Hometown: Watertown, Wis.



"I deposit money into my savings account every paycheck and I try to cut down on unnecessary expenses."

SW3 (SCW) Joshua Liggett
NMCB 74
Hometown: Lewisburg, Tenn.

FY-13 Chief's Board package deadline approaches

By MC3 Andrea Perez
Navy Personnel Command
Public Affairs

Sailors who have submitted a board package to the Fiscal Year 2013 (FY-13) Chief Petty Officer (CPO) Selection Board can confirm its receipt at Navy Personnel Command (NPC) by clicking on the "Selection Board Status" link on www.npc.navy.mil, officials said May 14.

Per NAVADMIN 349/11, the selection board will review the Official Military Personal File (OMPF) of all candidates. If documents are missing from a candidate's OMPF, they may submit those documents, along with a cover letter to the selection board president, to be reviewed by the board.

"Last year, the Customer Service Center (CSC) received more than 16,000 packages for the chief petty officer board," said Greg

Moody, deputy director of customer relations management, NPC. "So far this year, we have only received about 900."

Packages submitted to the active-duty CPO board must be received by the NPC CSC by June 4. According to NAVADMIN 108/12, packages submitted by Reservists for the FY-13 Selected Reserve CPO Selection Board must be received by NPC's CSC no later than July 9.

"Sailors need to make sure they send a cover letter, don't send classified documents and that each document in their package is marked with their full social security number," said Moody. "And please don't wait until the last minute to send in your package."

NAVADMIN 349/11 provides guidance and mailing information for those who wish to submit a package.

Documents reviewed by the CPO board can include:

- * **Procurement, enlistment/reenlistment data;**
- * **Navy Enlisted Classifications and Warfare Designations;**
- * **Evaluations and Fitness Reports;**
- * **Administrative remarks;**
- * **Training and education;**
- * **Decorations, medals, and awards.**

Letters sent to a selection board for consideration will not be added to a service member's OMPF permanently. BUPERSINST 1070.27 outlines all items that should or should not be submitted by service members and how to submit those documents.

The FY-13 Active CPO Selection Board is scheduled to convene June 18. The active duty CPO se-



lection board is the largest selection board conducted in the Navy. The board typically lasts five weeks, with results forwarded to the Chief of Naval Personnel for final approval.

The FY-13 Reserve CPO Selection Board is scheduled to convene July 23.

For more information, visit the NPC Selection Boards Web Page at <http://www.public.navy.mil/BU-PERS-NPC/BOARDS/Pages/default.aspx> or call the NPC CSC at 1-866-U-ASK-NPC.



INTERESTED IN A NEW CHALLENGE?

DOES A DEGREE IN PARALEGAL STUDIES SOUND GOOD? THE LEGALMAN RATING HAS IMMEDIATE OPPORTUNITIES IN ITS RATING, BUT THIS WILL NOT LAST LONG.



Interested Sailors must:

- **Have an interest in providing legal services to the Fleet.**
- **Have PTS approval in current rate and less than 10 years of service.**
- **Have completed 6 credit hours of college level English Courses.**
- **Have no record of NJP, courts-martial, or civilian convictions within 36 months of the date of application.**
- **Type at least 40 words per minute.**
- **Refer to JAGINST 1440.1E for ASVAB and additional requirements.**

Points of contact for conversion in the Gulfport area are:

LNC(SW/AW) Tracey L. Mitchell (tracey.mitchell@navy.mil) 871-2627

LNC (SW/AW) Christopher Brash (christopher.brash@navy.mil) 871-2941

Focus on Education

Serving the Military and their Families



Kim Guillemette, Education Technician at Navy College on board NCBC, provides counseling and service to an individual via the telephone on furthering their college education. Navy College office is located in Building 60 and the hours of operation are Monday - Thursday, 8 a.m. to 3 p.m., and Friday 8 a.m. - 2 p.m. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Need assistance with local schools? Contact NCBC School Liaison Officer Kevin Byrd, MWR building 352, 1706 Bainbridge Ave. NCBC, 228-871-2117 or e-mail: kevin.r.byrd@navy.mil

Sailors reminded to obtain DoD Self-Service Logon

By Chief of Naval Personnel Public Affairs

All Sailors serving on active duty must obtain a Department of Defense (DoD) Self-service (DS) Logon by Nov. 8, 2013, according to NAVADMIN 148/12, released May 1.

DS Logon is a secure, self-service logon ID that allows beneficiaries affiliated with DoD or the Department of Veterans Affairs (VA) access to several websites using a single username and password, without the requirement for additional hardware or software such as a Common Access Card reader.

The number of self service applications accessible with a DS

Logon is growing. Currently Sailors can access a variety of benefits and services with a DS Logon, including Tricare Online, the VA eBenefits portal, Beneficiary Web Enrollment, myDoD-benefits, and Transferability of Education Benefits.

DS Logon is also a life-long credential that never expires, and is valid for as long as there is a relationship between the individual user and either DoD or the VA.

More information about the benefits of DS Logon and procedures for obtaining a DS Logon can be found by visiting <https://myaccess.dmdc.osd.mil/dsaccess>.

Coastline Community College Registration

Registration for the Summer Term which runs from June 18 to Aug. 11 will continue until May 28. Additional information can be obtained from the Navy College Office, building 60, room 239 or by contacting Dr. David Drye at 228-871-3439 or e-mail at ddrye@coastline.edu.

Coast 2012/13 School Start Dates

Bay St. Louis, Aug. 7
 Biloxi, Aug. 6
 Gulfport, Aug. 8
 Hancock County, Aug. 7
 Harrison County, Aug. 8
 Jackson County, Aug. 6
 Long Beach, Aug. 6
 Moss Point, Aug. 8
 Ocean Springs, Aug. 7
 Pascagoula, Aug. 8
 Pass Christian, Aug. 7
 Stone County, Aug. 9

***Parents, if your children received an out of district transfer for the 2011/12 school year you must go through the same process for the upcoming school year. Go to the leaving School District Superintendent's Office and fill out an out of district transfer form. Once the form is signed and returned to you, take it to the gaining School District Superintendent's Office for approval. This must be done every year.



SAFETY 101

From NCBC Safety



Get your Grill on with these Tips!

1. Keep meat chilled until you're ready to cook it.
2. Allow meat to completely thaw in the refrigerator before placing on the grill.
3. Marinate meat in a tight-sealing container, especially when transporting meat in a cooler to a picnic or tailgate party.
4. Wash hands frequently with soapy water when working with raw meat.
5. Keep food and drink separate.
6. Avoid cross contamination. A prime cause of summer food-borne illness is the transfer of bacterial from uncooked to cooked meat.
7. Don't forget the cutting board. Remember to wash all cutting boards and containers that touch uncooked meat in hot, soapy water.
8. Use a meat thermometer. Meat must reach a temperature of 160 degrees before it is safe to serve. Use a thermometer to avoid serving undercooked meat.
9. When in doubt, throw it out. Food left out more than two hours has often been contaminated as a result of heat exposure. Don't take any chances.

Learn to Recognize the top three Heat Related Illnesses

Recognize the three most common types of heat-related illness: Heat Stroke, Heat Exhaustion and Heat Cramps:

Heat Strokes are the most severe, and can be fatal. Symptoms include a temperature as high as 105 degrees; hot, red and dry skin; a rapid, weak pulse and rapid, shallow breathing. **First aid for heat stroke:** Call 9-1-1 immediately. Wrap damp sheets around the victim; fan them. Wrap cold packs in a cloth and place them on the victim's wrists and ankles, in

the armpits and on the neck.

Victims of Heat Exhaustion will have a normal temperature, but will have other symptoms: cool, moist, pale skin; heavy sweating; headache, nausea or vomiting and dizziness. **Heat Cramps** are muscular pain and spasms that result from intense exertion. Cramps most often attack the abdomen and legs.

Avoid heat illnesses by wearing light colored clothing; drinking plenty of water; taking regular breaks and eating small meals.

Fallen Seabees honored at annual memorial

By Clark Pierce
JAXAIRNEWS Editor

They come together every year to remember fallen shipmates. In 2004, seven Seabees of Naval Mobile Construction Battalion (NMCB) 14 were killed in two attacks in Al Anbar Province, Iraq, while in support of Operation Iraqi Freedom.

The battalion honored all Seabees killed in action at its annual memorial service held May 5 at the unit's NAS Jacksonville headquarters.

"We're here today to stop, reflect and honor our Seabees who gave their lives so we all can live in a country with all the freedoms that we cherish," said retired Chief Equipment Operator (SCW) Michael Falk, master of ceremony for the event.

"Today, we remember Seabees who lived by our core values of honor, courage and commitment. We must never forget the enormous price paid by our brothers and their families – so all Americans can enjoy liberty."

Paying the ultimate sacrifice in 2004 were Steelworker 2nd Class (SW) Jason Dweley, Equipment Operator 3rd Class Christopher Dickerson, Builder 2nd Class Michael Anderson, Equipment Operator 2nd Class Trace Dossett, Construction Mechanic 2nd Class Scott McHugh, Builder 2nd Class

Robert Jenkins and Steelworker 3rd Class Ronald Ginther.

NMCB-14 Executive Officer Lt. Cmdr. Kyle Croce addressed the gathering.

"What NMCB 14 Commanding Officer Capt. Sean McDonell said at last year's event still holds true, 'I know that nothing said today can diminish the sorrow that families, friends and fellow Seabees feel for our fallen comrades – so I will simply say thank-you on behalf of a grateful battalion, Navy and nation for their service and sacrifice.'"

Croce added, "Many of us here today consider NMCB 14 as our family. When we serve together, we develop bonds and deep relationships that evolve into a brotherhood. We're fortunate at this time to have one of our brothers – who was combat-wounded in 2004 – as our keynote speaker. Please welcome, retired Builder 2nd Class Peter Herrick."

With his wife, Diana, at his side, Herrick smiled at the audience and said, "Believe me, it's a great honor to be here with everybody. We almost didn't make it today, so if I seem a little out of sorts – let's blame it partly on the blast and partly on the medications. Regardless, it's our pleasure to be with the NMCB 14 brotherhood again. Even though the VA has me listed as 'catastrophically disabled,' I still look at life as a big

puzzle and I always look for some humor in every part of it.

"Keep life simple. Be sure to cherish those who are close to you. It's okay to be sad sometimes – just don't let it wreck you life. You can be sad and still smile big time. Thanks for listening to me, thanks for the 'Hoo-rah' and thanks for caring," concluded Herrick.

Croce awarded Herrick the honorary right to be designated as a Seabee Combat Warfare Specialist.

Retired Construction Electrician 1st Class and Vietnam veteran Richard Hoiibragen said, "At 65, the greatest blessing I have is serving 17 years in the Seabee battalion and the ability to serve as commander of the VFW post in my community. It's my pleasure to be among the younger Seabees here at NMCB 14. It's an outstanding unit."

Retired Senior Chief Construction Mechanic Ben Slaughter, who was wounded in the 2004 deployment, said it's still tough to talk about the seven NMCB 14 deaths in the convoy and in the yard. "Seeing friends here today really brings out a flood of emotions," he said.

Retired Hospital Corpsman 1st Class Petty Officer Hernal Beaumont, who served 12 years with the battalion, and treated some of the wounded Seabees in 2004 said, "I'm here to support my comrades



Naval Mobile Construction Battalion (NMCB) 14 Seabees gather May 5 for their annual memorial ceremony for seven comrades killed in action during two attacks in Al Anbar Province, Iraq, while in support of Operation Iraqi Freedom in 2004. (U.S. Navy photo by Clark Pierce/Released)

and show respect to the families of those who were killed."

Slaughter expressed his admiration for 'Doc' Beaumont. "He was wounded – and treating the wounded – at the same time. This man is the real deal when it comes to heroism."

Croce and retired Capt. Rand Bushey, president of the NMCB-14 Alumni Association, laid a wreath at the battalion memorial as 'Taps' was performed.

The battalion memorial was recently refurbished by Builder 2nd Class (SCW) Jacob Soper, Con-

struction Mechanic 2nd Class (SCW) Joshua Sharpe and Construction Mechanic 2nd Class (SCW/EXW) Charles Diaz.

NMCB 14 is a reserve commissioned unit in the First Naval Construction Division, and is one of three units under the Third Naval Construction Regiment. When deployed, NMCB 14 is tasked with providing advance base construction, battle damage repair, contingency engineering, humanitarian assistance and disaster recovery support to Navy fleet and unified commanders.

NAVSUP announces lithium battery mailing prohibition through USPS

By Debbie Dortch
NAVSUP Corporate Communications

Naval Supply Systems Command (NAVSUP), which oversees Navy postal operations, announced May 11, it is providing guidance to the fleet about new United States Postal Service (USPS) prohibitions regarding lithium batteries.

According to the USPS announcement, beginning May 16, mail to or from APOs/FPOs are prohibited from containing lithium or products containing lithium.

The prohibition also applies to international mail. The prohibition is in effect pending further USPS review of investigations for safety.

"Customers should understand that postal clerks at these locations have been instructed to question patrons and check customs labels for any declarations of lithium batteries or electronic equipment to determine whether lithium batteries are in the shipment," said NAVSUP Navy Postal Subject Matter Expert Tom Rittle. "Upon identi-

fication of packages containing lithium batteries, customers will have the option to remove the batteries or not mail the package."

The prohibition applies regardless of quantity, size, watt-hours, and whether the cells or batteries are packed in equipment, with equipment, or without equipment.

For more information about the prohibition, see USPS Postal Bulletin 22336 at <http://about.usps.com/postal-bulletin/2012/pb22336/pdf/pb22336.pdf>.

Effective May 16, 2012 until further notice, customers may not tender electronic devices containing lithium batteries, including equipment with non-removable lithium batteries in Outbound International Mail.

Examples of common electronic devices containing lithium cells or batteries

Video cameras	Walkie talkies (2 way radio)	GPS devices	Radio controlled toys
Cameras	Scanner	Cellular Phones	MP3 players
Bluetooth headsets	Smartphones/mobiles	Laptop computers	Shavers
Power Drills	Tablets	Portable DVD players	Measuring equipment

Effective May 16, customers may not mail electronic devices containing lithium batteries, including equipment with non-removable lithium batteries. The chart above provides some examples. For more information, check the link listed in final paragraph. (Courtesy photo)

That Old Seabee Spirit - NMCB 7 raises the bar to exceed contingency construction expectations in Afghanistan

By **HM2 (SCW/FMF) Jacob L. Welch**

NMCB 7 Public Affairs

In 1942, the United States Navy created the Seabees to help with construction efforts around the world during World War II. Motivated Seabees built expeditionary landing fields, supply warehouses, bunkers and hospitals to help the allies win the war. The Seabees of Naval Mobile Construction Battalion (NMCB) 7 are carrying on that Seabee spirit, a sacred tradition that dates back 70 years, in Afghanistan today.

The Mya Neshin District north of Kandahar has been a hot bed of construction, with three small teams of Seabees from NMCB 7 building the way forward for coalition and Afghan security forces to stabilize area around a new District Center. One of the first missions was construction of a check point and a main supply route in areas not previously occupied by U.S. forces. Tactical Infrastructure Construction Team (TICT) Patriot was tasked with completing the check point to help expand Afghan National Army (ANA) and Afghan Uniformed Police security presence in the District. Work on the check point included rough grading nearly 5,000 cubic yards of fill, installing 1,260 linear feet of HESCO barriers, two wood-framed shelters, a guard tower and a small bunker.

"This check point was a bit of a challenge for us," said Construction Mechanic 3rd Class (SCW) Bobby Perrine, from Mercer, Pa. "We not only had to remove the top of a hill, but we also had to deal with the weather which decided to drop several feet of snow on us. In the end, though, we got the job done and it looks awesome!"

Two more checkpoints followed the first. Over 1,000 cubic yards of fill was excavated from each site. "We had to cut into a hill-top to place Check Point 7," said

Utilitiesman 3rd Class (SCW) Zack Kellum. "And because of that we weren't able to point our guard tower in the proper corner because the rest of the hill top would block its view, so we basically improvised and created a platform using HESCOs to raise the tower up higher than the hill top so the guards could see over it. It's pretty clever and I'd like to think that our improvising would make Admiral Moreell proud."

The only path into the District Center was a small donkey trail through the mountains, so the Seabees of TICT Rhino built a 1,700 meter main supply route wide and stable enough for any size convoy. Fighting the winter elements and extremely rocky terrain, TICT Rhino accomplished their goal ahead of schedule. "There were a tremendous amount of rocks, boulders and some very steep road conditions that were all made worse by all the snow, but we accomplished what we set out to do and that was to construct a usable road to the District Center," said Builder 2nd Class John C. Watters.

Next, TICT Rhino built Combat Outpost Neshin, now the central hub of U.S. and Afghan operations in the Mya Neshin District, to provide the local governing Afghans a base and helping to reestablish and legitimize the Government of the Islamic Republic of Afghanistan.

"For some of these Seabees out here it was their first deployment and even their first time doing construction, so it was a great opportunity for these guys to get out here and really know what it's like to be a Seabee and learn their craft," said Watters.

Battling floods, mud slides, freezing rain and snow, in 51 days the team moved over 6,000 cubic yards of fill, installed 1,700 linear feet of HESCO barriers, built four guard towers and 10 tent decks, placed three gen-



The completed Mya Neshin District Center built by Naval Mobile Construction Battalion (NMCB) 7 Tactical Infrastructure Construction Team (TICT) Rhino in Kandahar Province, Afghanistan. NMCB 7 and its detachments are currently one of two Seabee Battalions conducting contingency construction and deconstruction in the U.S. Central Command area of responsibility. (U.S. Navy photo/Released)

erators, a 2,000 and a 10,000 liter elevated fuel point and three bunkers.

Another facility completed was Strong Point Robyn for the ANA.

"This is an unusual build in the fact that most of the structures we've built or are going to build are square," said Builder 2nd Class (SCW) Thomas J. Camara, TICT Patriot project supervisor. The Strong Point, however, is a triangular shape which brings on unique challenges unlike any TICT has had to deal with so far."

Work consisted of grading over 3,000 cubic yards, building 850 linear feet of HESCO barriers, three guard towers, six tent decks, and placing a generator, an elevated fuel point, and one bunker.

TICT Patriot also built a Persistent Threat Detection System (PTDS) base on COP Pacemaker.

PTDSs are balloons with cameras that survey the surrounding area and relay images to coalition forces.

"This PTDS site is a first for us because no other "7" team has yet to actually build one," said Equipment Operator 3rd Class Joshua Aitkin. "On top of that this site is way bigger than the last two projects combined, but I feel we are up for the challenge." The 101 meter x 101 meter site required 40,000 cubic yards of fill, 2,800 linear feet of HESCOs with sniper screen, three guard towers and two tent decks.

Roads in the Mya Neshin District were nonexistent or impassable. To complete projects and support Freedom of Movement (FoM) for Afghans and all coalition forces, NMCB 7 sent out a group of specialists: the BLADE Team.

BLADE constructed several low water crossings on Route Robyn, the main roadway through the District, which involved excavating and placing more than 3,100 cubic yards of fill and grading and v-ditching six kilometers of road for drainage. Travel time down this route has now decreased by 50 percent and the grade decreased more than 15 percent. During inclement weather, the BLADE team also graded over 18 kilometers of dirt roadway and recovered 42 stuck coalition and Afghan vehicles.

Along with TICT Rhino, TICT Patriot and the BLADE Team, all the Seabees of NMCB 7 will be heading home soon to their family and friends, proud of the mission they have accomplished in Afghanistan, carrying on the tradition started by the original Seabees in 1942.



At the MOVIES

- May 18:** Red Tails, PG13, 7 p.m.
- May 19:** Big Miracle, PG, Noon, Contraband, R, 3 p.m., Underworld Awakening, R, 5:30 p.m.
- May 20:** Chronicle, PG13, 2 p.m., Woman in Black, PG13, 5 p.m.
- May 25:** Ghost Rider: Spirit of Vengeance, PG13, 7 p.m.

Upcoming Events

- LUNCHTIME SPORTS:** Sign up May 21 - 31 for Badminton. Call Sam at 228-822-5109 for more information.
- VOLLEYBALL CHALLENGE,** May 25, 12:30 p.m., in the Fitness Center Gym.
- TREADMILL ENDURANCE CHALLENGE** is June 2 from 10 - 11 a.m. Test your endurance to see how long you can run the speed of 7.0 mph. All

competitors will receive a CBC workout towel for participating. Sign up through May 31. For more info contact Michael at 228-822-5108 or by email, michael.e.mclaughli1@navy.mil.



PRESCHOOL GRADUATION June 8 at 9:30 a.m. in the Training Hall

BASE WIDE YARD SALE June 9, 8 a.m. - 1 p.m., Training Hall Parking Lot. Minimum number of six sign ups needed. Number of canopies is limited and will only be available on a first come first serve basis to those who have signed up. Last day to sign up is June 6. 228-871-2231

FATHER'S DAY ICE CREAM SOCIAL June 15 at 2 p.m. in the Child Development Center. All dads who have children currently enrolled are invited to attend.

OPERATION MAGIC June 21 at 6:30 p.m. in the Training Hall. Operation Magic is a standup comedy, magic, juggling, and mind reading husband and

wife duo for audiences 13 years of age and up and will take place June 21 in the Training Hall. Limited childcare will be offered at the CDC and the YAC will have extended hours to accommodate youth whose parents will be in attendance.

ISLAND STRIKZ certificates on sale! For \$35 get a certificate good for 2 hours of bowling for 5 people, 5 pairs of shoes, and a large pizza. You can also purchase a birthday certificate for \$120 which includes 1 hour of bowling for 10 people, shoes, 2 large pizzas, 2 pitchers of soda and a souvenir bowling pin for the birthday boy or girl.

GULF ISLANDS WATER PARK day passes for only \$18.50! The water park opens to general public on Saturday, May 12. You may upgrade these day passes to season passes for \$25 + tax at the water park front gate. Call 871-2231 for more info!

Are you heading to Orlando? Stop into ITT for great deals on **Blue Man Group** shows during the month of May! Call 228-871-2231 for information!

May 16
GULFPORT DRAGWAY (Liberty Center) Free shuttle, 6 p.m., \$7 admission charged at gate

GIRLS ONLY NIGHT AND TALENT SHOW (YAC) 5:30 - 8:30 p.m., Free

May 17
EDGEWATER MALL TRIP (Liberty Center) Free shuttle, 6 p.m.

WET-N-WILD ACTIVITIES (YAC) 5:30 - 8:30 p.m., Free

May 18
GULFPORT MUSIC FESTIVAL (Liberty Center) Featuring Josh Thompson, Justin Moore, and Gary Allan. \$62, 6 p.m.



MAY RUN IN THE SUN 5K (Fitness Center) Open to all eligible MWR patrons. Free, 6:30 a.m.

POOL AND PIZZA PARTY AT FITNESS CENTER (YAC) 6 - 9 p.m., \$4, limited to 50

May 19
GULFPORT MUSIC FESTIVAL (Liberty Center) Featuring Vanilla Ice, Hinder, and Nelly. \$73, Noon



AMERICA'S ARMED FORCES KIDS RUN AND HOTDOGS ARE INCLUDED (YAC) 8 a.m. - 3 p.m., \$4, limited to 45

May 20
GULFPORT MUSIC FESTIVAL (Liberty Center) Featuring Gym Class Heroes, Cobra Starship, and Maroon 5. \$84, Noon

BAY BRIDGE FEST IN BAY ST. LOUIS (ITT) \$5 shuttle fee, Min of 6, Max of 12. 9:30 a.m.

May 21



DINNER DASH TO CROSSROADS MALL (Liberty Center) Free shuttle, 6 p.m.

SWIM LESSONS (Fitness



Center) May's Group Lessons run May 21 - June 1

MONDAY - FRIDAY SUMMER CAMP PROGRAM (YAC) 6 a.m. - 5:30 p.m.

May 22
PAPER AIRPLANE CONTEST (Liberty Center) Free, Prize for the best flying airplane.

TRIPLE PLAY SCOOTER HOCKEY (YAC) 5:30 - 8:30 p.m., Free

May 23
POOL TOURNAMENT (Liberty Center) Free, Prize for 1st place, 7 p.m.
MONEY MATTERS LUCKY PENNY DAY (YAC) 5:30 - 8:30 p.m., Free
May 24



CINEMARK MOVIE THEATER TRIP (Liberty Center) Free shuttle, 6 p.m.

WEIRD SCIENCE NIGHT AND MAKE YOUR OWN CHIA PET (YAC) 5:30 - 8:30 p.m., Free



NCBC Helping Hands Volunteer Opportunities



HARRISON COUNTY YOUTH COURT - HCYC is looking for volunteers to make a difference in the life of a child. You can help by becoming a Court Appointed Special Advocate (C.A.S.A.) or volunteer to become a mentor for C.H.A.N.G.E. (Cultivating Healthy Achieve-

ments in the Next Generation of Excellence). Contact Beth Casey at 228-865-7000 for details. COAST SALVATION ARMY NEEDS VOLUNTEERS - Volunteers are need for various projects throughout the year. The Ray and Joan Kroc Corps Community Center in Biloxi is al-

ways in need of assistance in the Athletic Department, Fitness Center, Arts and Music Department, Aquatic Center, and marketing. There are many other opportunities available with this organization. Contact Shawna Tatge at Shawna_Tatge@uss.salvationarmy.org for more info.

Seabee Memorial Chapel



Center Chaplains:

Lt. Cmdr. Paul Smith, Protestant Chaplain

Lt. Yoon Choi, Protestant Chaplain

**For information concerning other faith groups,
call the chapel office at 228-871-2454**

Services:

Gospel Service: 8 a.m.

Sunday Catholic Mass: 9:30 a.m.

Weekday Mass: Tuesday, 11:15 a.m.

Divine Worship: Sunday, 11 a.m.

Sunday School, 9:30 a.m.



GULF COAST USO

**901 CBC 3rd St., Building 114
228-575-5224**

**FREE Services:
Fax - Send/Receive:
228-575-5225
Copies
Snacks/Drinks**

**United Through Reading
Program
Computers with web cams
Internet and Email Access
X-Box**

Office hours:

Monday-Friday, 8 a.m. - 5 p.m.

Saturday, 11 a.m. - 7 p.m. (Closed Sunday)

Chapel Offerings:

Vacation Bible School will take place June 4 - 8, from 9 - 11:30 a.m. There is room for 40 children, aged 5 - 11 and 10 children, aged 3 - 4. Sign up are happening now and are on a first come, first - served basis. VBS concludes with Family Day, June 9, 11 - 1 p.m. The celebration will include bounce houses and a cookout.

Women's Bible Study takes place Wednesdays from 10 to 11 a.m.

LIGHT is a Young Adult Group for members of the military. Meetings are Wednesdays at 6 p.m. at the Fellowship Hall.

Seabee Pantry - Donations are now being accepted to restock the Seabee Pantry. Everyone affiliated with NCBC is eligible to draw from the Seabee Pantry.

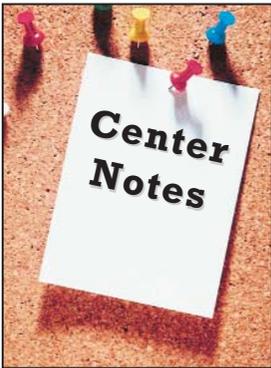
Praise and Worship members needed - The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 11 a.m. Sundays. If you can sing or play an instrument, you are cordially invited to come share your gift.

Looking for a church? The Seabee Memorial Chapel holds services every Sunday that might just suit your needs. Protestant Services include a Gospel Service at 8 a.m., Sunday School at 9:30 a.m., and Divine Worship Service at 11 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also a Catholic Mass Tuesdays at 11:15 a.m.

For more information, call the Chapel at 228-871-2454.

Gospel Singers of America . . . The Gospel Singers of America will sponsor the 55th Annual Singing School June 17 - July 6. Located at 951 East Scenic Drive, Pass Christian, the singing school is for all levels of singing ability. The Campus includes girls and boys dormitories, six classrooms, auditorium, practice rooms, cafeteria and laundry facilities. Training offered includes Rudiments, Song Directing, Theory, Song Writing, Sight Singing, Ear Training, Harmony and Church Music. For more information, call Brother Glen Taylor, President of Gospel Singers of America and Pastor of Temple Baptist Church, Baton Rouge, La., at 225-281-3724 or visit: gospelsingersofamerica.com.





SUPPORT

Family Readiness Groups

NCMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

NCMCB 7 FRG welcomes service members, family and friends to attend FRG meetings the fourth Monday of each month at 6 p.m. at the MWR Youth Activities Center, building 335. Child care is provided during deployment. Please contact the FRG at nmcb7frg@gmail.com for information.

NCMCB 11 FRG For more information regarding the NCMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

NCMCB 74 FRG All families of NCMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. For more information, please email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG."

NCMCB 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 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 send an email to NMCB133fsg@gmail.com. To receive updates, log on to the FRG site at <http://www.wix.com/NMCB133>

FSG/133frg

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, please email noscrgulfport@yahoo.com. We hope to see YOU soon!

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, Wednesday 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 & 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 information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 to sign up.

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 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. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more information.

SOCIAL

Miss. Gulf Coast First Class Association

is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

CBC/20SRG Second Class Petty Officers Association

is seeking members. Meetings are Tuesdays at

2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at matthew.t.wasson@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil for information.

NCBC Multi-Cultural Diversity Committee

would like to increase their membership. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude at 228-871-2454 for more information.

VFW Post 3937 Long Beach is open Monday - Thursday from Noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602.

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 each month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NCMCB 62 Alumni Group

Naval Mobile Construction Battalion (NCMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member of the Alumni Group go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport

are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@ca-bleone.net or log onto www.nsva.org for information.

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., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabee-museumstore.org/shop/index.php or call the gift shop at 228-871-4779 for information.

Outside the Fenceline

Memorial Day Ceremonies



There will be a Memorial Day Ceremony in honor of WWII Medal of Honor recipient, Private First Class James H. Diamond, May 28 at 8 a.m. at the Evergreen Cemetery in Gulfport. He is the only WWII Medal of Honor recipient who enlisted in Mississippi. Everyone is invited to attend.

Biloxi National Cemetery will hold their annual Memorial Day Ceremony May 28 at 9:30 a.m. Everyone is invited to attend.

There will be a Memorial Day Service May 28 at 10 a.m. at the War Memorial Park on Scenic Drive in Pass Christian. Everyone is invited to attend.

USS Mississippi



The commissioning of the USS Mississippi (SSN 782) submarine is June 2 at 10 a.m. in Pascagoula. Invitations are still available by emailing Mark McDonald, chairman of the USS Mississippi Commissioning Committee, your name, address, contact information to mark@ussmississippi.org. Those who want to attend must then RSVP and will be sent a pass for their family to attend the ceremony and reception to follow.

2012 Navy Ball Committee needs your help . . . The 12



Navy Ball Committee is looking for six volunteers to work on the committee for this year's Mississippi Gulf Coast Navy Ball. Committee members will be expected to attend monthly meetings to discuss fundraisers and ideas for the Navy Ball. Interested parties should contact AG1 Jordan at 228-871-3667.

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tion and without paying any money. No one should pay any debt, valid or not, without requiring the debt collector or creditor to verify the debt.

Editor's Note: Mr. Thomas E. Wallace, Esq. is the senior civilian legal assistance attorney for Naval Legal Service Office Southeast. He is also a CAPTAIN in the United States Navy Reserve Law Program.

This article is not intended to substitute for the personal advice of a licensed attorney. For legal assistance, contact the Naval Construction Battalion Center (NCBC) Region Legal Service Office Southeast (RLSO SE) by calling 228-871-2627.

BUCKLE UP U.S. NAVY!

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