

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 56 No. 16

Naval Construction Battalion Center, Gulfport, Mississippi

April 21, 2016

NMCCB 133 CAT Palau

22 NCR completes JCS-S 2016

By MCCS(SCW/SW)
Jeffrey J. Pierce
22 NCR Public Affairs Officer



KOROR, Palau - Utilitiesman 2nd Class Patrick Wilbourn, assigned to Naval Mobile Construction Battalion 133 Civic Action Team (CAT) Palau, reads the book *Dear Zoo* to students at a Head Start preschool program in Koror, Palau. The books were donated by the U.S. Embassy literacy program.

CAT Palau Seabees foster relationships between the United States and Palau through community outreach programs such as these. NMCCB 133 is on a scheduled deployment to 15 locations throughout the world. (U.S. Navy photo by Lt. Genevieve Pike/Released)

Seabees from the Twenty Second Naval Construction Regiment (22 NCR) participated in Joint Combined Exercise South (JCS-S) 2016 in Seville, Spain, April 4-8.

JCS-S 2016 was sponsored by Spain's Unidad Militar de Emergencias (UME) or Military Emergencias Unit as a disaster-response exercise. UME is a branch of the Spanish Armed Forces responsible for providing disaster relief throughout the country of Spain and abroad if required. It is the newest branch of the Spanish armed forces.

The Regiment served as the lead U.S. Navy engineer command and control headquarters assigned under the operational control of Commander, Task Force (CTF) 68.

The intent of the exercise was to strengthen relationships and interoperability in the conduct of global contingency operations. JCS-S focused on disaster-response mission sets that could be

See JCS-S page 7



April: Sexual Assault Awareness and Prevention Month Child Abuse Prevention Month



April 22, 7 a.m.
Walk a Mile in Her Shoes on Fitness Center track.

April 28, 9 - 10 a.m.
Judging for Quarterdeck Awareness contest. First stop: Building 1.

April 28, 11 a.m. - 1 p.m.
Victim Advocate Appreciation Lunch at Seabee Memorial Chapel Fellowship Hall.

April 23, 5 - 8 p.m.
Navy Night at Lynn Meadows Discovery Center - All Navy, Coast Guard and Marine Families get in FREE!

April 28, 11 a.m. - 1 p.m.
FFSC - FREE hotdogs and Resource Table in front of FFSC!

NCBC

Commanding Officer

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BCUN Samantha Opyoke

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Enhancing home security: A home that is an easy target is also a more likely target

From NCBC Security



Burglary is one of the most common types of crime in the U.S. According to the FBI, a burglary occurs somewhere in the United States every 15.4 seconds. Taking the precautionary steps listed below can decrease your chances of being a victim of a home break in:

1. Ensure locks have been changed since you don't know who may be holding keys from previous tenants. Use solid doors, quality locks, deadbolts, reinforcing plates, and add peep holes.
2. Check to ensure all windows lock securely. Keep valuables out of sight and away from exterior windows.
3. Place a dowel or rod in the track of sliding glass doors to ensure it's not forced open. Inspect often to ensure operation is functional and glass doors cannot be lifted off tracks.
4. Do not hide spare keys outside or leave one window or the back door unsecured. Consider adding a coded combination lock that stores multiple combinations for children coming home to an empty house. Teach children to keep doors and windows locked and never open doors to strangers.
5. Add extra outdoor lighting. Consider motion sensor lights for blind spots. Report utility pole lights that have suddenly quit working. Change exterior light bulbs as needed and batteries in smoke detectors annually. Keep fire extinguishers in good working order and in easily

accessible areas.

6. Verify utility company employees and request confirmation from the company prior to employee's arrival.
7. Have a good relationship with neighbors and look out for each other. Ask them to collect newspapers and mail when you are away. Have trusted neighbors turn lights on and off in different locations throughout the house at different hours.
8. Don't assume telephone conversations are secure.
9. Watch all internet traffic. Ensure children never use full names, address, school, whereabouts, activities, or become online friends without your approval. Don't apply children's names to clothing or book bags where predators can use their names to make contact or distract children.
10. Discuss emergency plans and practice family member rolls. Have a place to meet if a situation causes unexpected evacuation of your home. Create a code to alert family members in danger.
11. Use an alarm system and display

the alarm company's signs in visible areas.

12. Put gravel outside windows so prowlers make noise. Trim shrubbery and bushes that allow concealment of intruders. Ensure your vehicle and garage doors stay secured. Never leave your keys in the vehicle.

13. Shred or black out personal information on documentation or mail prior to discarding. Be aware of suspicious packages or mail with peculiar addressing and odors. Report suspicious mail to security immediately.

14. Post emergency telephone numbers where all family members can immediately locate or pre-program in phones. Report any suspicious activity observed and teach children when to use 911. When using 911 to report an emergency on board NCBC Gulfport, be sure to identify your location as NCBC Gulfport.

15. Never put your name outside your residence or on mail box. Be alert when a stranger shows interest in you or your residence. Vary your routes to and from home.

16. Do not disclose current operational missions, your schedules and routines, activities and identities of family members on social media. Limit personal profile information and do not provide job titles. Limit viewable information by users, use high profile setting, and disable GPS tracking. Report any suspicious inquiries or violations of internet usage.



Storm Water Pollution Prevention is Everybody's Business

Report illicit discharges to:
NCBC Environmental
228-871-2373

ATTENTION

Navy Federal Credit Union on board NCBC has new hours effective May 16:

Monday - Friday: 9 a.m. - 5 p.m.
Saturday: 9 a.m. - 1 p.m.

AUDRA
SEXUAL ASSAULT SUPPORT GROUP

AUDRA means "nobility and strength" in French

You don't have to walk this path alone

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

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.SafeHelpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.



"Elvis" the FOCUS (Families Over Coming Under Stress) Feeling Fox, and Dr. Jaime Parker, FOCUS Site Director, "Purple Up" in celebration of the Month of the Military Child. Purple is the color that symbolizes all branches of the military. It is a combination of Army green, Marine red, and Coast Guard, Air Force and Navy blue. Established by former Secretary of Defense Caspar Weinberger in 1986, the designation of April as the Month of the Military Child acknowledges the significant role military youth play in our communities. In honor of military children, FOCUS and the Navy Exchange are hosting a Coloring Contest which wraps up April 30. Entry forms and rules may be picked up at the NEX or FOCUS (located next to Anchors and Eagles). A winner will be announced at the NEX, May 2. (U.S. Navy photo courtesy of FOCUS/Released)



Children who live in Balfour Beatty Communities (BBC) housing on board NCBC Gulfport, work together building and painting bird houses supplied by BBC during the Kids Spring Craft session, April 7. Residents are reminded that now is the time to begin preparing for the quarterly BBC Community Yard Sale, May 21. (U.S. Navy photo courtesy of Balfour Beatty Communities/Released)



Construction Mechanic 3rd Class Trevor Barnett, front, and Constructionman Electrician Constructionman Thomas Ingrao, assigned to Naval Mobile Construction Battalion (NMCB) 11, troubleshoot a generator onboard Naval Construction Battalion Center Gulfport, April 14. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Senior Chief Builder Brian Moroski, Charlie Company commander, Naval Construction Training Center (NCTC), Gulfport briefs visitors with the Joint Land Use Study Committee about NCTC's mission and impact on the area during a tour, April 15. The committee, which was comprised of community and state leadership, received a base brief, toured various commands on board Naval Construction Battalion Center (NCBC) Gulfport and had lunch at Colmer Dining Facility, before departing for Woolmarket Firing Range. (U.S. Navy photo/Released)

TRICARE RETIREE DENTAL PROGRAM

Good dental health and good overall health go hand in hand

From TRICARE Public Affairs

Good dental health and good overall health go hand in hand. With its emphasis on diagnostic and preventive care, the TRICARE Retiree Dental Program can help you avoid bigger problems down the road.

Did you know that more than 120 different diseases are first detected in the mouth? And that going for your annual dental exams can actually help in detecting heart disease, diabetes, pancreatic cancer and more? In fact, swollen gums, mouth ulcers, dry mouth and excessive gum problems can often be signs of bigger health problems. The good news is that most dental diseases are actually preventable.

The TRICARE Retiree Dental Program (TRDP) was created and designed with this in mind. When seeing a network dentist, TRDP enrollees have the peace of mind of knowing that they get two annual exams, two cleanings (or three for Type 1/Type 2 diabetics) and an x-ray covered at 100%--with no out-of-pocket costs. This allows enrollees to recoup almost all of their annual premiums and ensures their dental and overall health is being well cared for.

Here are some other reasons why more than 1.5 million current enrollees find the TRDP to be such a good value and an important partner in their health:

- ~ As soon as your enrollment takes effect, you're covered for routine services, fillings, root canals, gum surgery, oral surgery and dental accidents. After 12 months of continuous enrollment, you'll get crowns, dentures, dental implants, braces

and more.

- ~ The TRDP offers a large nationwide network of dentists to help you save money on your covered dental care. To find a network dentist near you, use the "Find a Dentist" link at trdp.org.

- ~ Network dentists have agreed to accept reduced fees for covered services—there are no surprise costs beyond the expected cost share and deductible, where applicable.

- ~ Each enrollee gets a generous \$1,300 annual maximum, a \$1,200 annual dental accident maximum, and a \$1,750 lifetime maximum for braces.

- ~ The TRDP coordinates benefits with other dental plans, allowing you to maximize your coverage under both plans and reduce or even eliminate your out-of-pocket dental costs.

Visit trdp.org to enroll, and choose the method that works best for you. Enroll online using the Quick Link to the Beneficiary Web Enrollment (BWE) site, or print an application from the TRDP website and mail it to Delta Dental along with the correct prepayment amount.

After enrolling, you're encouraged to register for the online Consumer Toolkit®, where you can verify your program eligibility; review your benefits, coverage levels, and remaining maximums and deductibles; check on the status of your processed claims and claim payments; and sign up for paperless (electronic) Explanation of Benefits statements.

Your oral health plays a big role in your overall well-being and quality of life. Enroll in the TRDP today—and enjoy regular, affordable dental care that's essential for your lifelong health and peace of mind.

FAMILY ADVOCACY PROGRAM (FAP) CORNER:

FAP provides clinical assessment, treatment and services for military members and their families involved in incidents of domestic abuse.

WHAT IS DOMESTIC ABUSE

Domestic abuse can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

WHAT IS CHILD ABUSE

Child abuse is the physical or sexual abuse, emotional maltreatment or neglect of an unmarried person under 18 years old.

HOW WE CAN HELP

FAP provides a variety of interventions and treatment services to meet the needs of individual families. FAP provides counseling, clinical case management, treatment groups, and refers families to military and civilian resources as appropriate.

REPORTING OPTIONS

There are two types of reporting options for adult victims of domestic abuse, restricted and unrestricted. Both options make the full range of advocacy, medical and counseling services available to victims.

TO MAKE A REPORT OF CHILD ABUSE OR DOMESTIC VIOLENCE

During working hours, call Fleet Family Service Center Family Advocacy Representative at 871-3000. After-hours call the Domestic Abuse Victim Advocate at 669-1774 OR 911. No One Deserves To Be Abused!

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR) CORNER:

If you are a victim of abuse, you are not alone and you have the right to be safe! You are not responsible for violent behavior and no one deserves to be beaten or threatened. Call the Family Advocacy Office at 871-3000 for more information.

If you are a victim of sexual assault, IT IS NOT YOUR FAULT!! Help for victims of sexual assault in the DoD community is only a call, click or text away 24/7/365: Safe Helpline provides live, one on-one crisis support and information worldwide by specially trained staff. CALL 877-995-5247; CLICK www.SafeHelpline.org; or TEXT 55-247 CONUS; 202-470-5546 OCONUS (may be additional charges for OCONUS).

April 21, 2016

To Bee or Not To Bee...
Bee Wash That Is!
May 5
11 a.m. - noon
Parade Field
NCBC, Gulfport
Contact Alice Huffman,
228-871-2610 to donate towards
someone or make a nomination

All donations benefit our Seabee Sailors and Marines through NMCRS programs.

Nominee	Command	Dept Contributions
CUCM Shawn Babb	Lucky Eleven	\$154.91
Janet Odenthal	GOSC	\$150.30
CDRE Aguayo	22NCR	\$138.00
Alice Huffman	NMCRS	\$103.08
Charles Hodge	NCBC Admin	\$ 70.00
LCDR Sheets	NMOPDC	\$ 65.00
CDR Anthony Conley	NCBC	\$ 55.00
CDR Stasick	NCG2	\$ 39.92
CAPT Hansen	NCBC	\$ 25.00
Rob Mims	NCBC	\$ 20.87
CDR Cuadros	Lucky Eleven	\$ 20.00
CDR Spears	The First and the Finest	\$ 20.00
EQCM Helen Daniel	7NCR	\$ 20.00
CDR Jason McCoy	NOSC	\$ 8.73
Total contributions as of April 18		\$890.81

NMCRS Active Duty Fund Drive 2016

"The Rules"

- ~ Anyone, military or civilian from any command can be nominated, by donation, to wash the Seabee.
 - ~ Donations will continue to be made toward a nominated Bee Washer.
 - ~ Bee Wash nominees can be creative with their nomination and if they choose, encourage donations.
 - ~ Final donations must be made by May 4, 1 p.m.
 - ~ The Top five Bee Wash nominees will be Washing the Bee May 5. The top fund raiser will be in the bucket truck, if it is available and the remaining four will wash from the scaffolding.
- Are you in on the FUN? Contact Alice Huffman, 228-871-2610 to donate toward someone or make a nomination.

Seabee Courier

Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

On a recent stormy day, children at the Child Development Center were asked, "What is your favorite thing to do on a rainy day?"



"I like to make things with Play-doh!"

Anthony
Age 4



"I like to play ball inside even though I'm not supposed to."

Chloe
Age 5



"I like to paint rainbows for my parents."

Mason
Age 4



"I play with all of my toys!"

Gabby
Age 5

Dear Military Child: The Adjustment

By **Deja Fisher**
Special Contributor



Every time my mom and I would move to a new country my number one concern was whether or not I would be able to get used to the cuisine. Let's face it, food is a big deal to everyone, but if you are someone that has also lived overseas, then you know that food is not the only thing you have to adapt to. The military makes us take classes in order to equip us with the knowledge necessary for survival in our host

countries. However, while they do aid in our transition, they cannot prepare us for every single thing. I learned this lesson when our class took a field trip to Yokohama.

It had been raining for three days before a day beautiful enough for our field trip presented itself. It was summertime in Japan so not only was it hot, but the days of rain left behind an unbearable amount of humidity. Of course I convinced myself I could handle the weather because I am a southern belle and a little heat was not going to phase me. When my mom and I met up with our group at the base's front gate, our instructor gave us a few tips on how to survive the heat. I tuned him out because I thought he was over-exaggerating. A few minutes later he began leading us out of the gate and to the train station.

The station was crawling with people, so it didn't take me long to realize that I needed to pay attention to our instructor while he demonstrated how to travel on the trains. I was accustomed to being driven around in cars, so having the freedom to just get on the trains and go was something I had to get used to. Even though it was new to me, I actually enjoyed taking the trains because it was a great way to explore Japan. I also enjoyed taking the trains because they were equipped with some pretty nice air conditioning which provided a nice break from the heat.

I know, I know! I said I could take the heat but I was wrong. When we made it to Yokohama and began exploring the area I immediately broke a sweat. I am not talking about a light sweat either, I am talking about a sweat so heavy that the Pacific Ocean was draining from my armpits. Obviously it was foolish of me to compare the heat in Gulfport to that of the heat in a country on the other side of the world and had

I paid attention to my instructor then I would have known then what I know now. Japan has two extremes when it comes to weather. It is either extremely hot and humid or extremely cold and dry.

About an hour or so had passed and everyone else seemed to be enjoying themselves. I spotted a little body of water with Koi fish swimming in it and so I decided to kneel down and watch them swim while I tried to catch a breather. I could not help but imagine how good it must have felt to be swimming around in that cool water. I am pretty sure both my mom and our instructor noticed that I was about five seconds away from swimming with the fishes because our instructor began telling everyone that we would be heading home in a few minutes.

When we made it home I took a shower to cool myself down and then I got in bed so I could relax. While I was lying there I thought about all of the things I would have to adjust to if I wanted to make the most of my time in Japan. I had to get used to frequently taking the trains and I had to get used to the extreme climate conditions. There were other things I would have to adapt to, but in that moment, I was proud of myself for even taking the steps necessary for my adjustment. Eventually, after a few months of learning and observing, my life in Japan became normal. I had gotten used to it.

The Seabee Courier is proud to present "Dear Military Child" - a limited series column by 20-year-old Navy dependent, Deja Fisher. Fisher is a junior at Florida A & M University in Tallahassee, Fla., where she is pursuing a bachelor's degree in Public Relations with a minor in Communications. Her blog - www.dejasvu.com - was recently launched and is a site where readers can follow her and also her independent writings. Her column is essentially a letter to military children from a former military child, whose mom is a retired Sailor.

East Coast/West Coast Seabee deployments



ROI-NAMUR, Marshall Islands - Steelworker 3rd Class Dylan Beveridge, assigned to Naval Mobile Construction Battalion 133 Construction Civic Action Detail Marshall Islands (CCAD MHL), cuts plywood with a circular saw for the Enniburr Water Tower project. CCAD MHL is currently constructing a 1,500 gallon water tank that will supply potable water to the people of Enniburr Island. (U.S. Navy photo by Utilitiesman 2nd Class Erin Burig)



OKINAWA, Japan - The rigger-in-charge and signalman, Equipment Operator 2nd Class Christopher Fletcher, assigned to Naval Mobile Construction Battalion (NMCB) 4, signals the crane operator, Equipment Operator 2nd Class Blake Haddock to extend the boom on the Link-Belt HTC-8640SL crane during a crane lift operation on Kadena Air Force Base in Okinawa, Japan, April 12. (U.S. Navy photo by Mass Communication Specialist 1st Class Rosalie Chang/Released)



Construction Electrician Constructionman Ryan Roman (left), Nancy Ortega-Munoz (center) and Justin Guerrero, assigned to Naval Mobile Construction Battalion 133 pull overgrown vegetation at a garden during a community relations event hosted by the Eagle Scouts of America at Naval Station Rota. (U.S. Navy photo by Mass Communication Specialist 2nd Class Brittney Cannady/Released)



DOUALA, Cameroon - Operations Specialist 1st Class Dawana Brown, gives a ship tour aboard USNS Spearhead (T-EPF 1), to Seabees attached to Naval Mobile Construction Battalion (NMCB) 133, April 2. The Military Sealift Command expeditionary fast transport vessel USNS Spearhead is on a scheduled deployment to the U.S. 6th Fleet area of operations to support the international collaborative capacity- building program Africa Partnership Station. Seabees from NMCB 133 are forward deployed to West Africa in support of Exercise Central Accord constructing one of three multipurpose buildings. (U.S. Navy photo by Mass Communication Specialist 1st Class Amanda Dunford/Released)



OKINAWA, Japan - Utilitiesman 1st Class Jason Sturtevant, assigned to Naval Mobile Construction Battalion (NMCB) 4, cuts limbs from a tree for maintenance and camp upkeep on Camp Shields in Okinawa, Japan, April 7. (U.S. Navy photo by Mass Communication Specialist 1st Class Rosalie Chang/Released)

From JCX-S page 1

performed in support of Spanish authorities and used joint and combined military participation as well as interagency and ministerial participation.

Throughout the exercise 22 NCR led engineer effects aligned to exercise objectives by employing the Naval Construction Force capabilities of Naval Mobile Construction Battalion (NMCB) 133 and Underwater Construction Team (UCT) 1 Construction Dive Det (CDD) Bravo. The engineer force of 49 Seabees deployed from NCBC Gulfport, Mississippi and Naval Station Rota, Spain and set up a command operations center (COC) at the Gran Hipodromo de Andalucia in Seville that served as the base of operations for the exercise.

The Seabees' role in JCX-S was to deliver additional engineering capacity once Spain's UME reached a "Level III" emergency status. At a "Level III" emergency status, it is expected that the Spanish government would request assistance via the U.S. State Department. Once requested, U.S. forces could be used to aid in the efforts to save lives, prevent human suffering and make repairs to needed infrastruc-

ture.

During the exercise, NMCB 133's detachment led by Lt. Gregory Schultz provided the necessary line-haul assets, satellite communication equipment and civil engineer support equipment used to setup the operations center and begin clearing simulated road debris within the city.

UCT1's CDD Bravo, led by Chief Builder Joshua Sisson was assigned to dive and survey the Gergahl Dam for structural weaknesses following the scenario-based earthquake. Before CCD Bravo was able to complete their original mission they were redirected to join Spanish divers and conduct a simulated search and recovery mission.

According to Sisson, any opportunity to work with divers from another nation allows for shared knowledge and is a good experience for all involved.

"We benefitted tremendously from our joint diving operations with the Spanish divers. Any chance my team has to work jointly with another unit brings a vast amount of experience, ideas and knowledge," said Sisson. "The Spanish divers bring a plethora of diving experience to the table ranging from searching operations to disaster recovery and that

experience and knowledge was shared openly. For this we were grateful."

Lt. Cmdr. Kevin Kent served as 22 NCR's Logistics Officer and as CTF 68's Supply Officer for the exercise.

Kent was very pleased with the effort put forth by 22 NCR's personnel and their accomplishments during this exercise.

"I'm proud of what we did and the team we sent over. They were trained professionals and our experiences will contribute greatly to future exercises," Kent said. "I'm looking forward to the next opportunity to exercise 22 NCR's command and control abilities."

22 NCR's team, led by Capt. Lore Aguayo provided command and control of assigned forces executing the requested engineer services.

According to Aguayo, this is the first time CTF 68 invited 22 NCR to play as a forward command element which aligns perfectly with 22 NCR's mission statement. Aguayo couldn't have been happier with the result.

"I wanted to ensure 22 NCR had a well trained staff. I was able to scale my command to meet the requirements of the exercise," Aguayo said. "We were well trained and I was very proud to see the team effort form



Seabees from the Twenty Second Naval Construction Regiment (22 NCR) participated in JCX-S 2016 in Seville, Spain, April 4-8. JCX-S 2016 was sponsored by Spain's UME as a disaster-response exercise. (From left to right) Lt. Cmdr. Juan Gomez Valderas, Spanish liaison and interpreter; Lt. Roland Rosalez, CTF 68 Force Protection Officer; Capt. Lore Aguayo, 22 NCR Commander; Lt. Gen. Miguel Alcaniz Comas, UME Commander; Capt. Leonard Lyon, CTF 68 Commander, and Lt. Col. Richard Potterton from the 7th Mission Support Command. (U.S. Navy photo/Released)

a cohesive unit. I set clear expectations before the exercise began and my team more than exceeded my expectations."

Providing command and control (C2) of expeditionary forces is what 22 NCR is designed to do.

According to Aguayo, exercises such as this one allow the command to hone in on C2 and staff planning skills.

"I am very grateful for the opportunity to partner

and train with CTF 68. Our teams were able to work side by side to enhance our C2 capabilities," Aguayo said.

22 NCR maintains a ready and deployable battle staff responsible for providing command and control of expeditionary forces in support of Component Commanders, Marine Air Ground Task Force, and joint task forces across a full range of military operations and defense support of civil authorities.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and

Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE_HOTLINE@navy.mil.

Back in Time: Seabee History

April 17

1968: Part of Naval Mobile Construction Battalion (NMCB) 71 arrived in Chu Lai, Republic of Vietnam (RVN).

April 18

1969: NMCB 4 main body departed Port Hueneme, Calif., and arrived at Da Nang, RVN.

1972: The last Seabee Team site in Vietnam was closed down by Seabee Team 0321. The team's employment at Ham Tan, Binh Tuy Province was shortened to four months by an accelerated phase-down schedule.

April 20

1946: 301st Naval Construction Battalion (NCB) inactivated on Guam.

1970: NMCB 3 advance party returned to the continental United States (CONUS) via commercial aircraft.

1971: NMCB 5 formally relieved NMCB 74 in Vietnam.

April 21

1966: A Naval Support Unit of Seabees was established in the Department of State. This assignment came about in 1964, because cleverly concealed microphones and listening devices were discovered in

the United States embassy in Moscow. As a result of this discovery, Seabees were sent to the newly built U.S. embassy in Warsaw. They proceeded to tear up floors and walls, and there too discovered ingeniously hidden microphones and listening devices. Consequently, the Department of State decided to use Seabees to keep an eye on foreign contract construction at American diplomatic missions in Soviet-bloc countries and also to perform maintenance duties and minor repair construction. The program was later extended to American diplomatic missions in the Far East and in Africa. These informal arrangements were made more permanent with the organization of the Department of State Naval Support Unit.

1971: NMCB 3 main body flights, consisting of three passenger flights and one cargo flight, departed Da Nang, RVN for Port Hueneme, California.

April 22

1943: 91st NCB established at Naval Construction Training Center (NCTC) Camp Peary, Magruder, Va.

1971: Cmdr. Henry E. Keppel, Jr., CEC, commanding officer of Construction Battalion Maintenance Unit (CBMU) 302, relieved Cmdr. J.D. Kirkpatrick, CEC, commanding officer of NMCB 74, as camp command-



Seabees lay down AM-2 matting at Chu Lai airfield, Republic of Vietnam, 1966. (Photo courtesy of U.S. Navy Seabee Museum)

er of Construction Battalion Center (CBC), Bien Hoa, RVN; main body of NMCB 71 returned to Davisville, R.I. from deployment to Naval Station Roosevelt Roads, Puerto Rico.

April 23

1971: The flag of NMCB 3 was relocated from Camp Haskins South, Da Nang, RVN to CBC, Port Hueneme, Calif.

Focus on Education

Education Notes

Military Spouse Career Fair

Bring your resume and come prepared to interview at the Military Spouse Career Fair, May 17, 10 a.m. - 2 p.m. at Fleet and Family Support Center (FFSC). If you don't have a resume - no worries - just call FFSC at 228-871-3000 for assistance with writing one! Everyone with authorized access to NCBC Gulfport is invited.

Career Technical Training Workshop

Fleet and Family Support Center (FFSC) will host a Career Technical Training course for military retirees and separating members with an interest in a career, trade or technical field from 8 a.m. - 3 p.m., May 18-19. This course will be facilitated by the Department of

Veterans Affairs. Spouses of eligible transitioning service members are welcome and encouraged to attend. Call FFSC at 228-871-3000 to register.

Earn Bachelor, Masters Degree On-line at Fort Hays State University

Fort Hays State University, founded in 1902, is a Navy Partnership Institution for Distance Learning, located in Hays, Kansas. The university offers a wide variety of degree programs, both Bachelor and Master's for active duty personnel, dependents and civilian employees. FHSU is regionally accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. FHSU participates in Military Tuition Assistance Pro-

grams as well as Federal Financial Aid Programs. Fort Hays operates on a semester calendar, with classes beginning in August and January, there is also a 10-week Summer term. All classes required for various degrees are offered through the Internet. A full list of degree offerings may be found at <http://www.fhsu.edu/virtualcollege>. Fort Hays will accept a maximum of 60 semester hours of military credit as it applies to a specific degree. An evaluation of military credit or previous college credit can be completed at no charge to the student. For additional information contact Dr. David Drye at daviddrye@att.net, or 228-223-4926 or through the Navy College Office, Building 60, Room 239.

FOCUS/Navy Exchange Month of the Military Child Coloring Contest



April 1 - 30

Pick up copy of rules and entry form at the NEX or at FOCUS (next to Anchors & Eagles)

Winner announced May 2 at NEX!

April is Child Abuse Prevention Month
To report suspected child abuse or neglect, call the FFSC at 228-871-3000, the Mississippi State Child Abuse Hotline at 800-222-8000 or dial 911.

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

Navy Night at Lynn Meadows Discovery Center
in honor of
Child Abuse Prevention Month
and
Month of the Military Child
April 23, 5 - 8 p.m.
FREE Admission for All Navy, Coast Guard and Marine Corps Families across the coast!
Refreshments!

CBC Gulfport All Hands 101 Critical Days of Summer Safety Stand Down

From NCBC Safety

With summer fast approaching, Naval Construction Battalion Center (NCBC), Gulfport will hold an All Hands 101 Critical Days of Summer Safety Stand Down for military and civilian personnel from 9 - 11 a.m., April 29 on the Grinder.

Departments have been assigned a group number and departmental personnel should muster no later than 8:55 a.m. on the grinder as the Safety Stand Down will begin promptly at 9 a.m. Personnel must sign a muster sheet to receive credit for attending the stand down.

The Safety Stand Down will consist of 11 booths located throughout the Grinder. Groups will

have a shotgun start at their corresponding booth number. A horn or siren will sound indicating the time to move to the next booth. Upon completion of the first brief, the groups will move to the next sequentially numbered booth. Briefs will last approximately 10 minutes. One horn blast will indicate to move to the next booth. Two blasts will announce the start of the presentation at the new booth.

At the conclusion of the stand down, a command picnic will take place at Ladd Circle.

In the event of rain, the Safety Stand Down and command picnic will be moved to an inside location to be announced at a later date.



101 Critical Days of Summer Stand Down 2015

Uniform of the day for this event is appropriate civilian attire.

Point of contact for further information is Safety Director, Betty Jo Long, 228-871-3115 or betty.j.long@navy.mil; or Bruno A. Maio at 228-871-3801 or bruno.maio@navy.mil.

Preventing Slips, Trips & Falls

<p>Clean all spills immediately. Mark spills and wet areas with warning signs and barricades.</p>	<p>Remove obstacles from walkways and always keep them free of clutter.</p>	<p>Cover cords and cables that cross walkways.</p>
<p>Keep working areas and walkways well lit. Replace burned-out light bulbs and faulty switches.</p>	<p>Secure mats, rugs, and carpets that do not lay flat by tacking or taping them down.</p>	<p>Spread grease-absorbent compound on oily surfaces.</p>
<p>Always close file cabinet or storage drawers.</p>	<p>Never carry or push loads that block your vision.</p>	<p>Cover all floor openings or protect them with guardrails.</p>

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The deed is done, but not forgotten

"Ach! I've got to get rid of this albatross around my neck!" my husband Francis exclaimed recently, with plenty of overly-dramatic Italian gesturing with hairy arms.

"'Albatross?'" Don't be so dramatic," I retorted. "I love that house. Hayden will never forget his little blue room, Anna took her first steps in that cul-de-sac, Lilly was born there ... and Zuzu is buried in the back yard for criminy's sake!"

Last week, we put the house we've owned since 1998 on the market, and our emotions have been mixed.

After returning from a military tour of duty in England with a toddler and a newborn, we bought our first home in Virginia Beach, intending to stay a while. Even though "homesteading" was frowned upon, we didn't care - our son had been diagnosed with developmental delays, and in order for his treatment to be effective, he needed stability. Lucky for us, Francis was offered competitive Navy orders to Second Fleet, Fleet Forces Command, and Joint Forces Command, enabling us to stay put without jeopardizing his career.

During the years we lived on our suburban

cul-de-sac, the kids knew the shortcut to the local park. I planned the neighborhood Halloween Parade every year. We got our first puppy "Dinghy" after Zuzu the cat died.

We went to the ice cream place down the street after Hayden's flag football games. Lilly would toddle across the circle in nothing but a diaper to flirt with Jimmy, our 16-year-old neighbor. On Friday nights, we drank cold beer with our neighbors while sitting in lawn chairs on the driveway. And mornings, we could hear the Fairfield Elementary School announcements from our front porch.

In that happy little Dutch Colonial, I dabbled in home improvements, installing a new faucet, ceiling fans, lights, and built-in shelving in the playroom. Every spring, while the daffodils, azaleas, ferns and hostas pushed through the mulch, Francis and I argued about whether the lawn needed aerating. We added a screened porch, which became the site of many birthday dinners, afternoon coffee breaks, and Lilly's first communion brunch. Anna broke her arm falling from our backyard play set, and the following year, Lilly got stitches in her head for the same reason.



Oblivious to the fact that the military would eventually force us to move from our sweet little family home, we meticulously scratched the height of each member of our growing brood, to include Dinghy the dog, into the pantry door.

Like I said, I loved that house.

When we got orders to Germany in 2008, we told ourselves, "We'll definitely come back here one day."

But we never did.

Now, before we have to face tricky capital gains taxes, we have decided to sell. Francis isn't sad to see her go, because he is tired of the responsibilities and stresses of renting and maintaining a house from a distance. Unscrupulous property managers, surprise repairs, expensive maintenance, negligent renters, and those painful months between rentals when we had to pay our mortgage without receiving any rent

According to the 2015 Census, about 64 percent of Americans own homes, but only 38 percent of military members buy houses. Some military families find home ownership too risky or simply not affordable. But there are special resources for military buyers and sellers. The US Department of Housing

and Urban Development website (hud.gov) explains the provisions of the Servicemembers Civil Relief Act (SCRA) which limits interest on mortgages and provides debt relief for eligible military members. Housing counselors are available at 1-888-995-HOPE. The Military Housing Assistance

Fund (usmhaf.org) offers monetary "gifts" to qualified service members who need help paying closing costs. Making-homeaffordable.gov has information on foreclosure alternatives available to struggling homeowners. And buyers can calculate their VA Loan eligibility at www.veteransunited.com.

checks, put Francis in the mood to sell.

I, on the other hand, feel the bittersweet pangs of melancholy as I prepare myself to sign away the deed to a decade of some of the most important years of our family's life.

But it is time.

Time for another young family to grace her walls with baby photos. Time for another child to hang a swing from the branches of her big oak tree. Time for another husband to gripe about the leaves in her gutters, and for another wife to plant pansies in her front beds. Time for another

pair of siblings to draw on her playroom walls with permanent marker. Time for another dog to sleep soundly in front of her fire-warmed hearth.

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

April is Alcohol Awareness Month



Energy Savings Tip

Landscaping is a natural and beautiful way to keep your home cool in summer and reduce your energy bills. A well-placed tree, shrub, or vine can deliver effective shade, act as a windbreak, and reduce your energy bills. Carefully positioned trees can save up

to 25 percent of the energy a typical household uses. Research shows that summer day-time air temperatures can be 3°-6° cooler in tree-shaded neighborhoods than in treeless areas.



APRIL 22-28



Fitness Pool Hours!
M-F 5:30a-5p Sat & Sun 9a-4p



Break the Record Aquatics Challenge

6:30am

	Male	Female
Pre-Register at the+ Fitness Pool	April 26	April 28
Monthly challenges listed in the Pool Lobby	May 24	May 26
Swim caps provided	June 28	June 30
	July 26	July 28

Questions? Call 228-871-2668

Captain's Cup DODGEBALL SHOWDOWN

Who can
dodge,
duck, dip,
dive &
dodge
the best
on base?

**April 29th
7-9 am**

On the basketball
court at the
Fitness Center

Sign up April 1-27
Questions?
Call 228-871-2668



APRIL SPECIAL

BUDDY BURGERS

Share with your
buddy!
2 cheeseburgers,
2 sides of
chips or fries &
2 fountain drinks!

**ONLY
\$10.00**

Call 228-871-2494 for delivery
between 11 am- 1pm!



LIBERTY

NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

- 4/23 - 10 a.m., USS Alabama Tour, \$12
- 4/24 - TBA, Humane Society Volunteer Opportunity, Earn an LOA!
- 4/25 - All Day, Mother's Day Cards, Show Mom you care!
- 4/25 - 6 p.m., Movie Monday: Mockingjay Part 2, Free Popcorn
- 4/26 - All Day, Mother's Day Cards, Show Mom you care!
- 4/26 - 6 p.m., Tournament Tuesday:
Call of Duty, 1st Place Prize
- 4/27 - 6 p.m., DIY Wednesday: Mother's Day Cards,
Design it just for Mom!
- 4/28 - 6 p.m., Guitar Lessons, Free
Call 228-871-4684 for more information

<https://poll.fbapp.io/seabee-cinema-drawing>

SEABEE CINEMA GIVEAWAY

ENTER FOR THE CHANCE
TO WIN!

JUST TAKE OUR SURVEY!

-ONLY ELIGIBLE MWR PATRONS CAN WIN

LIBERTY TRIP MAY 27-30 Memorial Day Weekend Atlanta Trip

Six Flags,
ATL Braves,
GA Aquarium,
Underground
Mall &
More!

AS LOW AS
\$160 PER
PERSON

Includes
Transport,
Lodging,
Breakfast &
Admission Tickets



PAYMENT PLANS AVAILABLE

MWR Program Telephone Numbers

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



Regular movie showings Friday Sunday of every week!
Showing this weekend: Batman vs. Superman: Dawn of Justice 3D (PG-13); My Big Fat Greek Wedding 2 (PG-13);
The Divergent Series: Allegiant (PG-13); Zootopia (PG)
For more information, call the Movie Hotline at 228-871-3299
Pick up our NEW MOVIE SCHEDULE TODAY!

NCBC Helping Hands

ORANGE GROVE ELEMENTARY SCHOOL - Volunteers are needed to help Orange Grove Elementary School with state testing April 25 - May 16, from 7:45 a.m. - 10:30 a.m., and again from 10:30 a.m. - 1:30 p.m. Please call Stephanie Schepens at 228-832-2322 or email sschepens@harrison.k12.ms.us for details.

D'IBERVILLE HIGH SCHOOL - Volunteers are needed to help D'Iberville High School with state testing April 25, April 27-28, May 3-6 and May 9-10. Training will be April 15, 9 - 11 a.m. or 2 - 4 p.m. To volunteer, please contact Gracie King at 228-860-2762 or email gking@harrison.k12.ms.us.

BAY-WAVELAND NATIONAL WOMEN BUILD WEEK - The 9th annual Habitat for Humanity - Bay-Waveland National Women Build Week, in partnership with Lowe's, is May 4 - May 7. Build days begin at 9 a.m. and end at 3 p.m. The project is a home renovation on an existing recycled Habitat home, which may include interior and exterior painting, caulking, floor removal and/or installation, light carpentry repairs, light landscaping, etc. The jobsite will be in Bay St. Louis, in the Bayside Park neighborhood just west of town. Men can participate in the Women Build, too! A GiveGab page is set up at <http://gvgb.co/womenbuild2016>. Volunteers can gather more info, register, and even help fundraise at the site. If more information is desired after visiting the GiveGab site, please contact Holly Ladner, Construction Coordinator, Habitat for Humanity Bay-Waveland Area at hladner@habitatbw.org or 228.467.9699 ext. 2057, office.

HARRISON CENTRAL ELEMENTARY FIELD DAY - Approximately 10-20 volunteers are needed for a Field Day at Harrison Central Elementary at 15451 Dedeaux Road in Gulfport, May 19 from 7 a.m. to 1 p.m., to assist students with games, encouragement of sportsmanship and fun. Lunch and drink will be provided. Contact Ms. Hover by cell, 228-224-9994 or at school, 228-832-2701.

HANG OUT WITH HABITAT - Habitat for Humanity of the Miss. Gulf Coast is raising funds by parting with Over the Edge to give people the chance to rappel down the IP Casino Resort & Spa May 20 and 21. Participants will be raising, on average, \$1,000 per person for this exclusive opportunity to rappel. If you donate your time and effort, You Will Get to Rappel for FREE! Visit <http://www.overtheedgeusa.com/Ropes-Volunteers/Volunteers> for more information and to sign up or contact Kelly McGill at 228-678-9116, or kmcgill@hfhmgc.org.

VETERAN NEEDS ASSISTANCE - An elderly veteran is in need of a few minor home repairs. To volunteer, please call Carol Keyes at 228-832-5250.

MISSISSIPPI CITY CEMETERY - Volunteers are needed to rake/spruce up the Mississippi City Cemetery located south of Pass Road and Washington Ave in Gulf-

port. Point of contact is Chuck McKinley, 228-326-4006 or email cmckinley@cable-one.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 United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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

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 insuring guests sign in, offer snacks and beverages, sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training which usually lasts 2 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 Jennifer Briley at 228-897-4417 or jennifer.briley@afrh.gov to find out more information.

FEED MY SHEEP - Feed My Sheep, 2615 19th Street in Gulfport is looking for volunteers to help feed the homeless who are in need of a hot meal. To volunteer call Christina Lipke, 228-731-4883.

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

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

April 21, 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

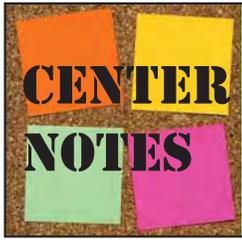
Thursday

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



SUPPORT
NMCB 1 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 welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS - Families Overcoming Under Stress provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Gulfport Officer's Spouse Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-

0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS - The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000.

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 help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural 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 VA 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 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Fetters, President at 228-832-4893 or email cfetters@cableonet.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 info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62alumni.org>.

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

Navy Seabee Veterans of America (NSVA) Island X-1 - All Seabee Reunion. The All Seabee Reunion, hosted by the Navy Seabee Veterans of America, Island X-1, Gulfport will be held April 28 - May 1, at the Highway 49 Ramada Inn, Gulfport, Miss. For more information and registration forms, go to: <http://www.nsva.org/events.html> or contact Eugene Cowhick at eugene.cowhick@navy.mil or 228-871-3877. 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 DVD's. Contact them at www.seabeeuseumstore.org or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

Opportunity to give Mom a Mother's Day Shout-Out!

From Navy Office of Community Outreach
 Millington, Tenn.

Mother's Day is May 8. If you would like to give mom a shout-out now is your opportunity. Please see below:

For the upcoming Mother's Day holiday, the Navy Office of Community is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a key Navy message for ALL Sailors to their mothers. Deadline: Wednesday May 4, 2015 8 a.m. EST

Instructions:
 Call 1-855-OUR-NAVY (1-855-687-6289)
 Wait for a 3-5 second

pause after voice directions and record message, using the template script below, after beep.

Once you hang-up, the audio file will automatically be sent to NAVCO's email where it will be screened before being shared with radio media outlets in the Sailor's hometown.

Speak AUDIBLY and CLEARLY. If we cannot understand your name, hometown or command, your shout-out will be unusable.

Script:
 HI, I'M NAVY (RANK) (FULL NAME) FROM (HOMETOWN), (HOMESTATE) AND CURRENTLY SERVING AT (COMMAND) OR ABOARD (SHIP).



WE ARE OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (Area Of Responsibility) AND READY TO DEFEND AMERICA AT ALL TIMES. I WANT TO WISH MY MOTHER, (MOTHER'S NAME), HAPPY MOTHER'S DAY!
 I LOVE YOU

Buy a Brick for the Gulfport Seabee Heritage Center Memorial Plaza

Show your support for those who gave of themselves in the U.S. Navy Seabees with a commemorative brick at the new Seabee Memorial Plaza. The Plaza will be built at the east end of the Seabee Heritage Center in Gulfport and will serve as the new entrance to the Seabee Heritage Center. The Memorial Plaza will have over 10,000 paving bricks available for engraving. Customize your brick with your own special message. It can be a tribute to a former or current Seabee, a Seabee unit, your own service or any other appropriate text. Cost of each brick is \$125. If two or more bricks are ordered, placement together can be

arranged, if requested. The first bricks will be placed when the Memorial Plaza is completed in 2017 and will be unveiled at an event commemorating the 75th anniversary of the creation of the Seabees. Subsequent placements will be made once a year. For more information and to order a brick, visit: <http://www.seabeehf.org/museum/buy-a-brick-for-the-gulfport-seabee-heritage-center-memorial-plaza/> or contact the CEC/Seabee Historical Foundation at 228-865-0480 or via email at info@seabeehf.org.



Register to Vote!

To register to vote, visit FVAP.gov now to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. Visit fvap.gov for voting information. The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.



GULF COAST USO



901 CBC 3rd Street Building 114
228-575-5224

Free services:

FAX, Send and Receive: 228-575-5225, Copies, United Through Reading program, Computers with web cams, Internet/email access, X-Box
Open Monday-Friday,
8 a.m. - 4 p.m.

Navy-Marine Corps Relief Society Active Duty Fund Drive Golf Tournament

April 29 at "The Oaks" - Pass Christian
Check in: 8 - 8:30. Shotgun start: 9 a.m.
Must have 3-4 person team

Call 228-813-4000, ext. 13105 for more information, or visit:
<https://tinyurl.com/zg4m3o6> for a copy of the registration form and tourney details.

Sponsored by Special Boat Team 22 MWR

12th Annual Run for Relief 5K and Military Challenge



May 14, 8 a.m.
Run N Tri
Gulfport

Military Team and Individual Awards



Visit:
RACESONLINE.COM
for details and to sign up!



ATTENTION
Due to traffic configuration changes, delays may be experienced when entering/exiting NCBC Gulfport. Please slow down, pay attention to Security Forces and plan accordingly.

Commissary lot sales mean big savings

By Kevin L. Robinson
DeCA Public Affairs Specialist

Military members and their families in the U.S. wanting to load up on savings only need to venture as far as their local store during the Defense Commissary Agency's spring National Case Lot Sale event.

"You cannot find a better deal than our case lot events to save up to 50 percent on some items," said Tracie Russ, DeCA's director of Sales. "Many of our savvy shoppers circle their calendars for these events - they never miss the chance to stock up."

Each stateside store hosts an individual two- or three-day case lot sale. Patrons are encouraged to check https://www.commissaries.com/case_lot_sale.cfm for case lot schedules.

Case lot sales traditionally offer extraordinary discounts in case formats similar to commercial club stores. However, commissary case lot events also offer additional "mix and match" packages of similar items in bulk-size cases.

These include grocery items such as barbecue sauces, canned tomatoes, beans, certain pasta meals, cereals, snacks, water, tea and juices.

Customers have a variety of options to choose from. Sale items include products in the following categories:

- ~ Fruit snacks, crackers, cereals, pastries, popcorn and potato chips
- ~ Water and flavored water, juices, juice mixes, sodas, sports drinks and milk
- ~ Frozen family meals
- ~ Pet supplies to include bagged and canned food, treats and cat litter
- ~ International foods such as Italian, Asian and Hispanic items
- ~ Cookies, brownies, pancakes and muffin mixes
- ~ Canned fruit and vegetables
- ~ Sandwich, storage and freezer bags; paper products and cleaning supplies such as bathroom tissue, fabric sheets and laundry detergent
- ~ Health and beauty care including diapers, wipes, soaps and body lotions

**KEESLER AFB
CASE LOT SALE:
MAY 12-14**

**NCBC GULFPORT
CASE LOT SALE:
MAY 27-28**

FRAGILE
HANDLE WITH CARE

Earth Day
April 22nd
2016

Be energy efficient and conserve water.
Don't drop this ball.

