

SEABEE COURIER

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Sailors, Families Are you Ready Navy or Not?

From Commander Navy Installations Command Ready Navy Program

With hurricane season underway and National Preparedness Month approaching in September, Commander, Navy Installations Command's Ready Navy Program asks Sailors and their families, "Are you ready?"

Many Sailors and families will reply that they are ready, but when asked further about the steps they and their family have taken to prepare, they quickly realize they may not be as prepared as they thought they were.

Steps such as learning the alternate evacuation routes for their area, making a family plan that everyone in the family is familiar with, and building an emergency supply kit that is centrally located and portable enough to carry if evacuated are a few things they did not account for.

Most Navy families have the best of intentions, taken some steps to prepare, and are further motivated to prepare when danger is approaching. Unfortunately, not every danger gives us advanced warning. Even if we do have advance warning, the outcome is often unpredictable.

See **READY** page 4

Who says 'Dirt Sailors' don't take to boating?



Seabees from Naval Air Facility (NAF) Misawa Public Works Department take part in the 88th Annual Navy Misawa Boat Regatta. NAF Misawa conducts the annual event, which calls for each team to build a vessel from non-boating materials, then race around Misawa Air Base's Lake Ogawara. The Seabees paddled their way to a 1st place finish in the competition. (U.S. Navy photo by Senior Chief Mass Communication Specialist Daniel Sanford/Released)



Hurricane Katrina Anniversary - Aug. 29 marks the eighth anniversary of Hurricane Katrina, which according to FEMA, was "the single most catastrophic natural disaster in U.S. history." With a storm surge of 20 feet high, the final death toll from the hurricane was 1,836 people, with more than 700 victims still listed as missing. Katrina observances in the local community Aug. 29, include: **City of Biloxi memorial observation**, 8 a.m., on the Town Green; **Ground Zero Museum Opening**, 9 a.m., Waveland Civic Center, Coleman Ave.; **Hurricane Katrina Memorial Service**, 10:30 a.m., War Memorial Park, Pass Christian; **Patchwork and Tales - Two Women Reflect on Katrina**; 5:30 p.m. Katrina Research Center, Gulf Park campus, University of Southern Mississippi, U.S. 90, Long Beach.

Legal: Parental kidnapping - Statues to protect your rights

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By LN1 Sharlissa Barefield
 Corpus Christi Legal Assistance Office, RLSO SE

Parental kidnapping or parental abduction is defined as the concealment, taking, or unlawful retention of a child by his parent in violation of the rights of the child's other parent or another family member.

In response to the critical problem of parental abduction, steps have been taken on both state and federal levels. The Uniform Child Custody Jurisdiction Act (UCCJA) was approved by the National Conference of Commissioners on Uniform State Laws and by the American Bar Association in 1968. By 1984, it had been adopted in all states. All states have also enacted criminal parental kidnapping statutes. In 1980, Congress passed the Parental Kidnapping Prevention Act (PKPA), which not only strengthened the provisions of the state laws but also contained additional safeguards against parental kidnapping.

Before the UCCJA and the PKPA, a parent who lost a custody battle could snatch the child, take the child to another state, and seek a court order of custody in that state. The UCCJA

was designed to prevent states from giving protection from rewarding parental abductors by requiring them to decline jurisdiction of custody actions if another state, usually the state from which the child was taken, was a more appropriate forum.

The PKPA deals primarily with the application of the full-faith-and-credit clause to custody decrees. Full-faith-and-credit clause ensures that court decisions rendered by the courts in one state are recognized and honored in every other state. PKPA comes into question only when there is already a custody decree, and one of the parents is trying to enforce it or modify it in another state. The PKPA requires that a state enforce the custody decree of a sister state unless (1) the rendering court did not have jurisdiction; (2) the decree was entered without reasonable notice and an opportunity to be heard; or (3) the decree was entered while a case was pending before another court that had jurisdiction.

The PKPA authorizes FBI investigations of child abductions. Unfortunately, because a court order of custody is a requirement for FBI involvement, most non-marital chil-

dren are unprotected by this PKPA provision. Marital children are also unprotected if abducted by the parent before any court order is made regarding custody; commonly this occurs right before the divorce is final. However, many divorcing parents, having been advised by counsel, realize the need for a custody order and request a temporary custody at the time a divorce action is commenced. Single parents who were never married to the other parent, often are not aware of the importance of a custody order; they mistakenly believe they already have legal custody since they have physical possession of the child or children.

For more information on parental kidnapping, please visit the FBI's website at <http://www.fbi.gov>, contact the National Center for Missing and Exploited Children at 1800-THE-LOST, or contact your nearest legal assistance office.

This article is not intended to substitute for the personal advice of a license attorney. Contact the Naval Construction Battalion Center (NCBC) legal office by calling 228-871-2620 for an appointment.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Regional, 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.

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Safe Helpline
 Sexual Assault Support for the DoD Community

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.

Sexual Assault Victim Advocate Training

Are you the person that wants to help someone in need? Have you every known someone that has been the victim of trauma resulting from sexual assault and did not know how to help? Become a SAPR Victim Advocate and learn to help your fellow Seabee or Sailor who needs support in a time of need. To register for the class, contact Shannon Harden, SAPR Victim Advocacy Support Specialist at Shannon.b.harden@navy.mil. The class will be held Sept. 16 - 20, 8 a.m. - 4 p.m., in building 433, room 139.





Lawrence Scott, an employee at the Recycling Center on board NCBC Gulfport, organizes recycled boxes, Aug. 22. Located in buildings 275/276, behind building 200 off of McKinney Ave., the Recycling Center offers free boxes for everyone with access to the Seabee Center. Hours of operation are: Mondays – Fridays, 6:30 a.m. - 2:30 p.m. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Above: Allison Smaltz, staff member with Navy-Marine Corps Relief Society (NMCRS), helps expectant parents create a budget at a Budget for Baby class at The Fleet and Family Support Center (FFSC) on board NCBC Gulfport, Aug. 22. The class provides financial education about immediate and future baby-related expenses. Budget for Baby will be offered again Sept. 18. For more information call (228) 871-2610. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Right: Balfour Beatty Communities (BBC) has been awarding tickets to Gulf Islands Waterpark to housing members just for completing their CEL Housing Survey. Congratulations to the latest winners - the Klugh Family. If you haven't done your CEL Housing Survey, you're missing out. (Photo courtesy of BBC/Released)



Meet the new NMCRS visiting nurse

By UTCN Alicia Fluty
NCBC Public Affairs

Working with Veterans and Seabees, and taking care of them is what inspired the Navy Marine Corps Relief Society's (NMCRS) newest employee, Registered Nurse Christy Duval, to apply for the Combat Casualty Visiting Nurse position.

Duval, who holds a Bachelor of Science in Nursing said she is excited about being able to help military members "So they don't feel like they are left out in the cold and abandoned, for them to know that they have someone out there who is going to watch over for them and be their advocate" said Duval.

Although she has only been with NMCRS for a couple of weeks, Seabee life is nothing new for Duval. She is a former Seabee and is married to a retired Seabee.

"She came to the table with a lot of knowledge, experience and resource information which made her a good fit for this position," said Alice V. Huffman, Director of NMCRS Gulfport.

Along with her education, Duval brings her experience working with the Veterans Administration to help her help others. She has also worked in Child Health for The Mississippi State Department of Health and the Navajo



The Navy-Marine Corps Relief Society (NMCRS) of NCBC Gulfport, Visiting Nurse program has a new member, Registered Nurse Christy Duval. She will be available to provide the support needed from child development to combat casualty assistance to retirees, Veterans, Sailors, Marines and their families. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Indian Reservation.

She said her goals are to make sure that the ones who need to be taken care of are and that she especially wants to ensure the combat casualty service members are getting the help and resources they need.

Unlike the New Parent Support Program which focuses more on the development children, as a registered visiting nurse, Duval is able to provide home visits to Navy and Marine Corps families, including moms and ba-

bies, retirees and combat casualties at no charge.

She will partner with the Naval Branch Health Clinic, the medical providers at Keesler Air Force Base and with anyone who might be working with active duty members, retirees or veterans who are dealing with life-changing injuries and conditions which are combat related.

Duval said her focus will be primarily on health education, provide resource information and support, and assess their needs at their comfort zone which

is in their home. Sailors and Marines will benefit primarily from this program; however, Duval said she will also do case by case exceptions where she would work with other military branch service members.

The visiting nurse program will begin in October. Duval's office is located at the NMCRS, inside The Fleet and Family Support Center (FFSC). For more information on the program or to contact the nurse, call Christy Duval at 228-871-2486.

Always wear your safety gear, so you can work without any fear!

From **READY** page 1

True emergency preparedness is a diligent and constant cycle that consists of:

1. Being informed of potential hazards in your area and what to do before, during, and after that hazard,

2. Making and practicing a family plan that includes an in- and out-of- neighborhood meeting location, a designated out-of-town contact, and all family

members in the planning process so that each is ready to execute that plan should the need arise,

3. Building and renewing an emergency supply kit that contains enough basic and family specific supplies for every family member to survive at least three days with no assistance and is portable if advised to relocate to a shelter or safe haven,

4. Staying informed through the emergency and after by registering

personal contact information in the Navy's Wide Area Alert Network (WAAN), the Navy Family Accountability and Assessment System, and downloading government emergency alert mobile apps, so that you have the most up-to-date information and will know when it is safe to return home or to work.

So we pose the question to you...Are you ready or not ready?

Go to www.ready.navy.mil to take the quiz found on

the home page, and find out just how ready you and your family are. There you will also find additional information, tips, and tools to help you be better prepared year round.

Be Ready Navy!

We are. Are you?

Ready Navy is a CNIC-sponsored emergency preparedness program.

For more information on how to prepare for any disaster, visit <http://www.ready.navy.mil>. Follow us @ReadyNavy.

Buzz on the Street

By CECN(SCW)
Lucinda Moise
NCBC Public Affairs

How do you plan to celebrate Labor Day?



"Staying out of trouble, going to the beach, spending time with my family."

YNSN Jorge Sosa
NMCB 133

Hometown: Yorkshire, N.Y.



"Going to Pensacola and spend time with my friends there."

CMCN Kendra Rauch
NMCB 1

Hometown: Little Hocking, Ohio



"Nothing, just relaxing in my room."

EO CN Ian King
NMCB 1

Hometown: Fairy, Pa.

August 29, 2013

Seabee Courier

NCBC Frames

FREEZE FRAME

Builder 3rd Class(SCW)

Christina M. Otto
Personnel Support Detachment
Gulfport Supply LPO

By UTCN Alicia Fluty
NCBC Public Affairs

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

CO: **I was on a small DET to Andros, Bahamas for my first deployment. This time in my career stands out the most because not only was it an awesome location to jump-start being a "real" Seabee, I made a lifelong friend who I know will be there during my time in the Navy and long after.**

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

CO: **My husband's success in the Navy and his goals that we're both working to having him achieve have always motivated me to be more conscious of my career and what I need to do to be successful.**

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

CO: **Sometimes it can seem repetitive and pointless but know that all training, every exercise, and each brief is**

passed down for a reason and should be taken seriously. Open up and absorb what is being delivered. Be professional and enforce professionalism on the job!

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

CO: **I am fortunate enough to be a Seabee working with Admin-types! I used to never-EVER value the work Admin did . . . I thought that what I and my peers were doing was MORE important than their work. Working with fleet types has totally changed my perspective and opened my eyes to the BIG PICTURE. I learned that everyone has a role and everyone, down to the most junior of people to the highest in command contributes to the overall mission. I love being a part of that and seeing it happen every day.**

FF: Who was your most influential mentor during your career, and why?



CO: **Somewhere down the line my experience with CECS Beck, good . . . and mostly bad . . . definitely put a lot of influence on who I am as a Sailor today. I am thankful for everything I learned from him; I would never say that to his face but I hope he knows.**

**Seabee
MudRun
2013**

**Sept. 7
7 a.m.**

[www.active.com/running/
gulfport-ms/seabee-mud-run-2013](http://www.active.com/running/gulfport-ms/seabee-mud-run-2013)

NMCB 11 assumes authority of Combined Joint Task Force, Horn of Africa

By U.S. Air Force Tech. Sgt. Megan Crusher
CJTF-HOA Public Affairs

Naval Mobile Construction Battalion (NMCB) 4, transferred authority to NMCB 11, during a ceremony at Camp Lemonnier, Djibouti, Aug. 13.

U.S. Army MG Terry Ferrell, commanding general, Combined Joint Task Force-Horn of Africa, praised NMCB 4 for their "awe-inspiring" contributions to CJTF-HOA, U.S. Africa Command and the African continent. He went on to commend the Seabees flawless transition from performing humanitarian missions to operational missions directly contributing to the fight against terrorism.

"You were able to continue the fight against the extremists who are attacking us and that is the expectation," Ferrell

said. "You contribute significantly to the safety and security, of not only this camp, but to countering violent extremist organizations and protecting the homeland."

NMCB 4, from Port Hueneme, Calif., arrived in February and their accomplishments include conducting 13 convoys over 6,000 miles and completing projects in Kenya, Uganda, Tanzania, Ethiopia, Djibouti and Camp Lemonnier. They also worked 24-hour operations side-by-side Soldiers, Airmen and Marines to complete a massive airfield renovation, finishing 14 days ahead of schedule, allowing critical movements supporting AFRICOM missions.

U.S. Navy Lt. Cmdr. Jackson Habeck, officer in charge of NMCB 4, said this time of transition has been bittersweet, and his team is grateful for

the rewarding experience encountered during their time here. He also thanked NMCB 11 for their professionalism during change-over and said that conduct will ensure their continued triumphs.

"You are prepared for this; you trained the past 11 months; and you bring a highly qualified and motivated team to the fight here in HOA," Habeck said. "I look forward to hearing about your many successes."

NMCB 11 spent 2012 deployed in Afghanistan and are eager to continue the outstanding contributions their Seabee counterparts made while assigned to CJTF-HOA, said U.S. Navy Lt. Chester Wyckoff, officer in charge of NMCB 11.

"NMCB 4 can leave this camp with their heads held high knowing they accomplished the mission," Wyckoff said. "As for us,



U.S. Army Maj. Gen. Terry Ferrell, commanding general of Combined Joint Task Force-Horn of Africa, speaks to U.S. Navy Lt. Cmdr. Jackson Habeck, officer in charge of Naval Mobile Construction Battalion (NMCB) 4, and U.S. Navy Lt. Chester Wyckoff, officer in charge of NMCB 11 shortly after a transfer of authority ceremony at Camp Lemonnier, Djibouti, Aug. 10, 2013. (U.S. Navy photo by Petty Officer 1st Class Rafael Martie)

we will continue to build the Seabee legacy that NMCB 4 has established

as we move forward to execute our mission during this deployment."

CAMP MITCHELL NAVAL STATION ROTA SPAIN



Ensign Brooks Sanderson, right, assigned to Naval Mobile Construction Battalion (NMCB) 11, receives the Seabee Combat Warfare Specialist (SCW) insignia from Cmdr. Steven J. Stasick, Commanding Officer of NMCB-11 on board Camp Mitchell, Aug. 23. (U.S. Navy photo by Equipment Operator 3rd Class Stefen Gilliland)

CAMP COVINGTON GUAM



Left: Service members assigned to Naval Mobile Construction Battalion (NMCB) 11 and the 130th Brigade 84th Engineer Battalion (Eng. Bn.) celebrate the end of their Battalion Equipment Evaluation Program (BEEP) turnover with a feast provided by the Camp Covington Galley aboard Naval Station Guam. Right: As Detachment Guam's Hazardous Material Petty Officer, Construction Mechanic 3rd Class Martin J. Kemper, assigned to NMCB 11 properly disposes used oil into a 55 gallon drum after it was extracted from a piece of Civil Engineer Support Equipment (CESE). (U.S. Navy photos by Construction Electrician 2nd Class Brooke A. Thompson / Released)



CBMU 303 'Bees build replacement for cottage built by NMCB 133 in Hawaii

By Christine Cabalo

Marine Corps Base Hawaii - Kaneohe Bay

Construction Battalion Maintenance Unit 303 Detachment Pearl Harbor recently completed reconstruction of a historic recreational cottage overlooking Kaneohe Bay.

Marine Corps Base Hawaii commemorated its completion in a ceremony, Aug. 2. The two-story retreat replaces an older wooden cottage built in January 1972 by Navy Seabees from Naval Construction Battalion 133 of Gulfport, Miss.

"This was a once-in-a-lifetime opportunity to do a project that honors the original Seabee cottage as well as honors the Seabees' long partnership with Marines," said Navy Lt. John Daly III, the resident officer in charge of construction for Naval Facilities Engineering Command Hawaii and the detachment's previous officer in charge.

Seabees began work on the new building in September 2011, after maintenance workers in 2008 discovered the older cottage had asbestos tiles and lead-based paint. The only areas left from the original structure are sections of the concrete sidewalk. Daly said the new cottage uses safer, modern materials that are durable in Hawaii's climate.

"The siding of the new cottage is made from fiber cement," said Petty Officer 1st Class Rouel Agustin a builder from the detachment and the project supervisor. "This can stand up better to seawater air from the bay. The house also has composite trim that's more durable than wood."

An average of 10 people worked on the building each workday. The Seabees leveled the ground and prepared a stable foundation with wood molds and cement. They needed to pour some of the cement from overhead to support an outdoor shower, due to the shifting sandy location and the size of the cottage's location. The detachment dug out the area and poured 50 cubic yards of cement, equivalent to approximately five full cement trucks.

"Space there is so limited," Agustin said. "We couldn't put down large equipment. It was one of the hardest parts about the project because we couldn't use bigger equipment to do it, we had to do a lot by hand."

Despite challenging conditions and needing scaffolding for the multi-story cottage, Agustin said the Seabees had no safety mishaps on the



A new 1,250-square-foot recreational cottage was built by Seabees from Construction Battalion Maintenance Unit (CBMU) 303 Detachment Pearl Harbor as a replacement for a cottage built by Naval Mobile Construction Battalion (NMCB) 133 Seabees in 1972. The cottage overlooks Kaneohe Bay. (U.S. Navy photo by Petty Officer 1st Class Rouel Agustin/Released)

job.

The unit took on construction of the 1,250-square-foot cottage to sharpen their skills using different types of building material and for military training. During Rim of the Pacific Exercise 2012, the detachment simulated building a medical treatment facility as they constructed the cottage.

Daly said his previous unit also took the opportunity to work with Army builders from 84th Engineer Battalion from Schofield Barracks. The Seabees invited the soldiers to the working site to assist Army engineers in simulations and develop the Army unit's military construction management skills.

Agustin and Daly said the cottage offered a unique opportunity, allowing Seabees some control over the cottage's finishing details.

Daly, who worked in construction projects in Uganda and other places overseas, said a Seabee unit doesn't always decide on final fixtures or see their structures develop from start to finish.

"The Seabees' quality of work is equal to newer base housing," said Maj. Dean Stouffer, the

maintenance officer at MCB Hawaii. "With their work, there's no need for extensive maintenance at the cottage for the first several years."

Stouffer said the cottage is one of several projects the Seabees have completed at Kaneohe Bay, in addition to staffing the Self Help office that assists units with headquarters maintenance.

"The Seabees do great work for us," Stouffer said. "We're also working on a laundry facility near a Pollock Field and Mackie Hall they'll be building after plans are finalized."

Construction may be finished, but the Seabees are still working and moving new furniture into the retreat as well putting back historical unit memorabilia saved from the old cottage.

Daly said deployment placards from units as far back as the 1950s would be inside for the new cottage visitors to see.

Many are from Seabee units that no longer exist, Daly said.

"The nature of mission changes and name of commands change," he said. "But the people who know the history keep it. We take it with us wherever we go."

Underwater Construction Team (UCT) ONE

UCT 1 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 con-

struction diving and demolition skills with the latest and greatest technology and equipment.

Contact UCT CCC/Diver recruiting team at 757-462-3988/4313 or email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohse at ryan.dohse@navy.mil or check them out at www.facebook.com/seabee.diver for more information.



Center CPO selectees give back to AFRH veterans



By Chief (Select) Mass Communication Specialist Kim Martinez
NMCB 1 Public Affairs

Chief petty officer (CPO) selectees from Gulfport, Miss. volunteered at the Armed Forces Retirement Home (AFRH) in Gulfport, Miss., Aug. 17.

During the community service project, the Sailors provided maintenance and upkeep at location, including constructing park benches, repairing dining hall seating and other small projects.

The visit to the AFRH is one of several community service projects that the selectees participated in during the Phase 2 of their CPO 365 training.

"It is an honor for us to give back to and be active in our community, especially when we can give back to the veterans who sacrificed so much for their country," said Chief (Select) Builder David

Dacastello, Naval Mobile Construction Battalion 1 CPO selectee. "Whatever we can do to improve their quality of life, we are more than willing to contribute."

Many of the projects and upgrades on the property are as of a direct result of volunteerism by active-duty Seabees and Sailors from the Gulfport community.

"It's always good to give back and all of us here have volunteered well before we advanced to chief petty officer from the time we came into the Navy," said Chief (select) Construction Electrician Daniel Shaver. "It's something that we feel very good about that we like to do as often as we can."

AFRH Facilities Coordinator Chris Lane, a retired Seabee, said that the residents appreciate the work the Seabees are doing to further enhance the improvements made to

the facility after Hurricane Katrina.

"The Seabees are awesome. Volunteer projects, with any organization, really helps us to enhance our facility and gives the residents a chance to interact with the Seabees."

The AFRH Gulfport, formally the U.S. Naval Home, was established in 1811. From 1991 to present, operational funding comes from \$0.50 monthly withholdings from active duty enlisted personnel, fines and forfeitures imposed on service members, and resident fees. Its mission is to fulfill our nation's commitment to its Veterans by providing a premier retirement community with exceptional residential care and extensive support services.



Chief petty officer selectees from Naval Construction Battalion Center (NCBC) Gulfport pour concrete during a community service event at the Armed Forces Retirement Home in Gulfport, Miss. Aug. 17. (U.S. Navy photo by Chief (Select) Mass Communication Specialist Kim Martinez/Released)

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to seabecourier@navy.mil and check out the new and improved website at: http://www.cnic.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

Unless otherwise posted, the speed limit on board NCBC is 25 m.p.h. The speed limit in all housing areas is 10 m.p.h. Pay attention at all times and please exercise caution!

NMCRS Holiday Hours - Navy Marine Corps Relief Society Gulfport will be closed Sept. 2 in observance of Labor Day and will reopen Sept. 3. If you need emergency assistance, please call the American Red Cross Armed Forces Emergency Services Center at 877-272-7337.

NMCRS Thrift Shop Reopening - The Thrift Shop will reopen Sept 3, at 9 a.m. Thrift Shop hours are Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m.



See Something Wrong, Do Something Right . . .

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



WE BUILD ★ WE FIGHT

SEABEE Online
United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES (seabemagazine.navylive.dodlive.mil)

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

I have no Ikea how to decorate

Good, bad. Pleasure, pain. Love, hate.

These classic dichotomies most accurately describe my relationship with Ikea – the Swedish home furniture store known for ready-to-assemble designs and simple modern style.

On one hand, I totally dig Ikea's hip Euro-vibe and self-serve convenience. But on the other hand, for a person like me, whose home decorating style can best be described as Cracker-Barrel-Gift-Shop-chic, walking into an Ikea, is like crossing the Threshold of Hell.

The other day, I drove an hour north to meet a friend at the nearest Ikea. We became friends four years ago while our military families were both stationed in Stuttgart, Germany; and now that we both moved to New England, we thought we'd meet for an afternoon of shopping and catching up.

As long as I've known her, my friend has been artistic, popular, stylish, opinionated and interesting.

In other words, we don't have much in common. But somehow, our mutual appreciation for tasteless humor created a common bond between us, and we've been friends ever since.

After a quick reunion in Parking Sector B, we followed signs to the Main Entrance. Despite the conspicuous lack of pitchforks and flesh-singing heat – we were at the veritable Threshold of Hell, after all – we found the lobby.

The staircase led us to an unplanned lunch of Swedish meatballs and

ligonberry soda in the ergonomically ingenious but coldly Scandinavian cafeteria. Then, we set out on the compulsory one-way path that would take us on a mandatory tour of every product in the vast store.

All I needed was a couple area rugs and a lamp shade, but I grabbed two of those annoying side-winding European carts, knowing full well that I would fall prey to Ikea's marketing ploys and grab numerous sundry gadgets and accessories.

My friend, conversely, was a trained interior designer with years of experience and a keen eye for home decorating style. She knew exactly what she wanted – two EXPIDIT shelving units in high gloss pink, a pack of FANTASTISK paper napkins in green, a pair of LILLERÖD curtain panels in turquoise, and a pack of BEVARA potato chip clips (her husband's only request.)

Despite her specific mission, she stopped at virtually every showroom, tempted by the irresistibly chic displays and reasonable prices.

"So whaddya think," she asked me in the kitchen showroom, momentarily forgetting that I have no home decorating skills, "could I make this work as a kitchen island?"

"Sure, looks pretty good to me," I responded truthfully.

And a few minutes later, amongst a dizzying array of textile patterns, she inquired, "Ooo – wouldn't this pop against my new wall color?"

"Sure, looks pretty good



to me," I repeated.

And then, deep in the heart of the rug showroom, she queried, "Isn't that a cool pattern on that flatwoven piece?"

"Sure, looks pretty good to me," I redundantly offered, knowing full well that my friend just needed a sounding board, no matter how frumpy and unrefined.

By the time we made our way to the long check out lines, where the Ikea marketers strategically bathe shoppers in the aroma of fresh baked cinnamon rolls to lure them to buy snacks for the ride home, we both had carts overflowing with products with Swedish names we found impossible to pronounce.

My friend's cartful of items was carefully selected to add functional fashion to her elegant and hip home furnishings. While my cart was piled high with impulse buys and sale items, which may or may not complement my collection of hand-me-down furniture and thrift store finds.

Munching a cinnamon bun on the drive home, I felt surprisingly content with my utter lack of home decorating prowess and glad that my friend does not judge me for my ignorance.

Get more wit and observations from Lisa at her blog, <http://www.themeatandpotatoesoflife.com>

CMEO Corner

To file an informal complaint of Sexual Harassment or Discrimination: Conflict resolution at the lowest level using the Informal Resolution System (IRS) and the chain of command is encouraged. You may file a complaint of discrimination or sexual harassment, which includes a hostile work environment, using the command complaint resolution processes. People should seek assistance from the Command Managed Equal Opportunity (CMEO) representative. If you feel uncomfortable raising the issue with your command, you may request the assistance of the Equal Opportunity representative at the next higher level of authority.

USO End of Summer Bash!

Sept. 6, 5 - 8 p.m.
Seabee Lake

Stop by for **FREE popcorn and snow cones!**
Bounce houses, balloon twisters and face painting for the kids!

Everyone with authorized access to NCBC Gulfport is invited

Sponsored by USO Gulf Coast



Safety tip of the week

Fire Safety . . . All it takes is one spark for things to go wrong. A carelessly abandoned campfire or a campfire built without safe clearance can turn a small fire into a dangerous and fast-moving blaze. Be sure to build your campfire in a way that does not endanger anyone or the surrounding forest. Enjoy a safe campfire by following these safety tips. Check with local authorities on open-air burning restriction and follow local burning regulations. Keep up-to-date on fire bans in the area. Never build a campfire on a windy day; sparks or embers from the fire could travel quite a distance setting an unintentional fire. Watch the wind direction to ensure sparks aren't getting on flammable materials. Put the fire out if wind changes begin to cause concern.



Highlights:
 • Sign up for Mud Run at www.active.com/training/gulfcoast-seabee-mwr-run-2013
 • The Beehive will be open Sundays for football starting Sept 8th from 11:30am to 6pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 After Earth New Orleans Zephyrs vs. Albuquerque Isotopes	2 LABOR DAY Facility Hours: Aquatic: 0800-1800 Fitness Ctr: 0800-1800 Liberty Ctr: 1000-2000 Outdoor Rec: 0700-1800 RV Park: 1000-1400 *All other facilities are closed for the holiday.	3 Torch Club/Newcomers Orientation Night Cycling 9am & 5:30pm	4 Halo 4 Tournament Recycling Night/Creating Recycle Bins Strength/Cardio 9am; Water Aerobics 11am	5 Homemade Candy Sushi Cycling 9am & 5:30pm	6 This is the End Edge Water Fall Trip Movie Night with Hotdogs	7 Epic; Now You See Me; This is the End MUD RUN! Starts 7am NCBC Grinder
8 Epic New Orleans Saints vs. Atlanta Falcons (SOLD-OUT) Sunday Football @ Beehive	9 Monday Night Football & Wings Strength/Cardio 9am; Water Aerobics 11am	10 Smart Moves Fire Safety Night Cycling 9am & 5:30pm	11 Patriotic Arts and Crafts Strength/Cardio 9am; Water Aerobics 11am	12 Ping Pong Tournament Image Makers - Upside Down Photographs Cycling 9am & 5:30pm	13 Fast and Furious 6 Movie Night with Popcorn	14 Monsters University; Now You See Me; The Internship Ship Island Excursion Armed Forces Museum
15 Monsters University Sunday Football @ Beehive	16 Strength/Cardio 9am; Water Aerobics 11am	17 Bingo Night Cycling 9am & 5:30pm	18 Air Force Birthday Celebration Triple Play Club Strength/Cardio 9am; Yoga 10am; Water Aerobics 11am	19 Talk Like a Pirate Day! Cycling 9am & 5:30pm; Yoga 5pm	20 White House Down Dinner & Movie Night Movie Night with Popcorn	21 Epic; After Earth; Fast and Furious 6 CPR Fest 17 Bowling at Gaudes Lanes
22 This is the End New Orleans Saints vs. Arizona Cardinals Sunday Football @ Beehive	23 Strength/Cardio 9am; Water Aerobics 11am	24 Texas Hold 'Em Poker Tournament Weird Science - Bouncy Ball Making Cycling 9am & 5:30pm	25 Kickball Competition - kids vs. Counselors! Strength/Cardio 9am; Yoga 10am; Water Aerobics 11am	26 Pool tournament Make your Own Hula Hoop Night Cycling 9am & 5:30pm; Yoga 5pm	27 Fast and Furious 6 Movie Night with Nachos	28 Monsters University; Epic; The Purge Paintball Gatti's Town Pizza
29 Monsters University Gulf Coast Gator Ranch Tour Sunday Football @ Beehive	30 Strength/Cardio 9am; Water Aerobics 11am	Pick up a copy of the September calendar at any of the MWR facilities, or print a copy at home from the NCBC MWR Facebook page!			Free Movie Liberty Center Youth Activities Center Fitness Center The Beehive	

MWR program contact numbers

Anchors and Eagles, 228-871-4607
 Auto Skills Center, 228-871-2804
 Beehive All Hands Club, 228-871-4009
 Child Development Center, 228-871-2323
 Fitness Center, 228-871-2668
 Information, Tickets & Travel, 228-871-2231
 Liberty Center, 228-871-4684
 Seabee Heritage Center, 228-871-3619
 Navy Outdoor Recreation, 228-871-2127
 Shields RV Park, 228-871-5435
 The Grill, 228-871-2494
 Training Hall, 228-871-4750
 Youth Activities Center, 228-871-2251
 Main Office, 228-871-2538

Have a safe and fun Labor Day weekend!

From your friends at MWR!

August 29, 2013

JOIN US FOR SUNDAY FOOTBALL AT

The BEEHIVE
All Hands Club

The Beehive will be open for Sunday football through December!

Join us for the first game on Sept 8th from 11:30am-6pm!
Games will be also be showing Mondays

Free Movies at the Training Hall!

Check out what's playing this weekend

Friday: Iron Man 3, PG13, 6 p.m.
Saturday: The Incredibles, PG, Noon; Iron Man 3, PG13, 3 p.m.; The Hangover Part 3, R, 6 p.m.
Sunday: After Earth, PG13, 6 p.m.

Seabee Courier

NCBC Helping Hands volunteer opportunities

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. If you are interested in volunteering, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

CITY OF GULFPORT - Volunteers are needed to assist with Gulfport's annual Family Day in the Park at Jones Park, Sept. 1, from 2 - 6 p.m. Duties include setting up an obstacle course for kids, as well as assisting with other children's activities. Contact Katie King, 228-868-5881.

SEABEE MUD RUN - Volunteers are needed to help out with the Seabee Mudrun, Sept. 7 at 6 a.m. on the Grinder on board NCBC. To volunteer, call John Humphries at 228-871-3418.

BILOXI YACHT CLUB - Volunteers are needed to help with set up and take down at the Maritime Museum Drawdown at the Biloxi Yacht Club, Sept. 21, from 5 - 8 p.m. or 10-11:30 p.m. If you can assist, please call Megan Seymour, 228-435-6320 or seacamp@maritimemuseum.org.

CRUISIN' THE COAST VOLUNTEERS - Cruisin' The Coast is in need of volunteers to help out with traffic, parking and general hospitality at Cruise Central (Former VA property in Gulfport), Oct. 7-13, and

in Pass Christian, Oct. 10-12. Sign up in Public Affairs in building 1 room 205.

SENIOR CITIZEN'S PROM - Volunteers are needed for the Hancock County Senior Citizen's Prom at the Bay St. Louis Community Hall on Depot Row Oct. 18, 1 to 5 p.m. Volunteers will be escorts, servers, dance partners, etc. for this special event. Call June at 228-218-0104 for more information. It will be a fun-filled event with food, entertainment, and dancing for the senior citizens of Hancock County.

GULFPORT BOO BASH -- The city of Gulfport is holding their "Boo Bash" Halloween event Oct. 19 from 6 to 9 p.m. at Jones Park, and is requesting volunteers to build/create a haunted trail along one of the small sidewalk circles in conjunction with the event under the pavilion. If you would like to volunteer, please contact Brittany Dyess at: (228) 868-5881.

USS ALABAMA NEEDS HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing a 40-by-20 maintenance shed, fabricating display cases. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

BILOXI VA AMBASSADORS - The Biloxi VA is trying to get volunteers in uniform from 7 a.m. to 2 p.m. on a daily basis to help with a new program. The volunteers will provide assistance to Veterans

entering the medical center with directions and general information and whenever possible, escort the Veterans and family members to their destination. Point of contact for more information is Sharon Ladner at 228-523-5786 or Susan Smith 228-871-3640.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. If you have any questions please contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org.

NAVY MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers to work at the Thrift Store. Those who are interested in volunteering are asked to call 228-871-2610.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time to help out.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/ women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

Seabee Memorial Chapel



NCBC Center Chaplains:
Lt. Ammie Davis, Chaplain
Lt. Yoon Choi, Chaplain

For more information about Chapel programs, please call the Chapel at 228-871-2454

Religious Services

Sunday: Contemporary: 8 a.m., Catholic Mass: 9:30 a.m.,
Protestant: 10:30 a.m.

Weekday Mass: Tuesdays at 11:15 a.m.

Chapel Offerings

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Gospel Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m., on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

Seabee Pantry

The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other non-perishable items as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

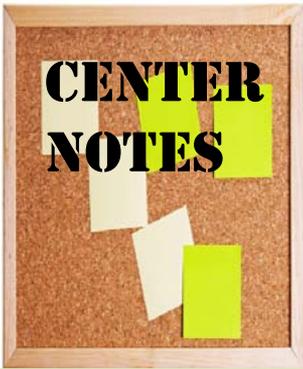
Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are

invited to share your gift.

Feds Feed Families Food Drive

The annual DoD, Feds Feed Families Food Drive, www.fedsfeed-families.gov, is taking place through September. Food banks across the Nation are facing severe shortages of non-perishable food items, just as summer begins and children are left without school supplied nutrition programs. Federal employees and members of the uniformed services are stepping up to meet this challenge by gathering food for families in need. The CBC Chapel hopes you will donate any non-perishable goods to help us meet this National goal. NCBC food donation drop off locations are NCBC Commissary (special prepackaged bags of food are available for purchase), Seabee Memorial Chapel, Navy Exchange, Fleet and Family Support Center, Command Quarterdeck, and Navy Gateway Inn. Please contact the chapel at 228-871-2454 for more information.



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com. **NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

NMCB 74 FRG All families of NMCB 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. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for details.

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 Center. Children

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

Gulfport Officer's

Spouse Club 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, email goscgulfport@yahoo.com. We hope to see YOU soon!

Navy Wives Clubs of

America, Inc. The 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.navywivesclub-sof-america.org for more information on NWCA.

NMCRS The Navy-Marine Corps Relief Society Thrift

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

Gamblers Anonymous

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

TRAINING

Naval Sea Cadets The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a 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.

PMI MEMBERSHIP DRIVE

The Project Management Institute (www.pmi.org) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resourc-

es and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact Mike Saunders at saundersmt@earthlink.net or Len Krapcha at lkrapcha@aol.com for more information.

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 the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 228-871-2454 for details.

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 the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7

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

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

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 about our organization.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.

Seabee Gift Store Hours to Change: Effective Sept. 1, the Seabee Gift Store in the Training Hall, building 446 will no longer be open on Saturdays. Hours of operation will be Monday - Friday, 10 a.m. - 4 p.m.

NCBC Gulfport Commissary hours: Sunday, 11 a.m. - 6 p.m.; Monday, CLOSED; Tuesday, 9 a.m. - 7 p.m.; Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. - 7 p.m.; Friday, 9 a.m. - 6 p.m. and Saturday, 9 a.m. - 6 p.m.

GULF COAST USO
901 CBC 3rd Street, Building 114, 228-575-5224
Free services: FAX - Send/Receive: 228-575-5225, Copies, United Through Reading program, Computers with web cams, Internet/email access, X-Box
Office hours: Monday - Friday, 8 a.m. - 4 p.m.