

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 53 No. 08

Naval Construction Battalion Center, Gulfport, Mississippi

February 21, 2013

CITADEL SHIELD



First Responder, Emergency Management, Training and Safety personnel executed an Anti-Terrorism Force Protection (ATFP) portion of a Citadel Shield exercise on board NCBC Gulfport, Feb. 20. The exercise allowed participants to sharpen their skills in the case of an ATFP incident, as well as examine and adjust Standard Operating Procedures (SOPs) as needed to most effectively contain a threat and protect base personnel. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Exercise will impact business, traffic Feb. 25

From NCBC Public Affairs
Due to Exercise Citadel Shield 2013, the Broad Ave. gate will be closed Feb. 25, from 8:45 to 9:45 a.m. Use 28th Street and Pass Road gates to enter and exit the base.

In addition, buildings 1, 114, 119, 120 and PSD, will suspend all operations during that time. We apologize for any inconven-

ience this exercise may cause.

Your patience and understanding is greatly appreciated. This annual training exercise will be conducted on naval bases and installations throughout the continental United States.

For more information about Exercise Citadel Shield 2013, contact NCBC Public Affairs, 228-871-2699.

Home sweet home: NMCB 1 reunites with families, friends



Family and friends welcomed home more than 100 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1, Main Body, Delayed Party, at the Training Hall on board NCBC Gulfport as they returned from deployment, Feb. 19. A second group of more than 250 Seabees assigned to NMCB 1, Detail Horn of Africa (HOA) Group, arrived at the Training Hall later in the day. For more than six months The First and Finest have been operating forward deployed to the U.S. 6th Fleet area of responsibility in support of construction operations throughout Europe and Africa. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

See page 6 and NCBC Facebook for more return photos



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 Capt. Rick Burgess
Public Affairs Officer
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 Editor

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 MCC (SCW/SW/AW)
 Ryan G. Wilber
Special Contributors
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22 NCR
Commander
 Capt. Darius Banaji
Public Affairs Officer
 Vacant

25 NCR
Commander
 Capt. Darius Banaji
Public Affairs Officer
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Public Affairs Officer
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Mass Comm. Specialist
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Special Contributor
 CE1(SCW) Joshua Thonnisson

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Public Affairs Officer
 Lt. j.g. Brian Myers
Mass Comm. Specialist
 MC1(AW) Jonathan Carmichael

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Public Affairs Officer
 Lt. j.g. John Parizek
Mass Comm. Specialist
 MC2 Ryan Williams

NMCB ONE THIRTY THREE
Commanding Officer
 Cmdr. Nicolas D. Yamodis
Public Affairs Officer
 MC1(SW/AW) Steven Myers

NCTC GULFPORT
Commanding Officer
 Cmdr. Scott Anderson
Public Affairs Officer
 Lt. J. Johnson

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IMMEDIATE RELEASE No. 097-13

February 20, 2013

Message to the Department from Secretary of Defense Leon E. Panetta on the Preparations for Potential Sequestration on March 1 and Furlough Notifications

To All Department of Defense Personnel:

"For more than a year and a half, the president, the Joint Chiefs of Staff and I have repeatedly voiced our deep concerns over the half a trillion dollars in automatic across-the-board cuts that would be imposed under sequestration and the severe damage that would do both to this department and to our national defense.

"The administration continues to work with Congress to reach agreement on a balanced deficit reduction plan to avoid these cuts. Meanwhile, because another trigger for sequestration is approaching on March 1, the department's leadership has begun extensive planning on how to implement the required spending reductions. Those cuts will be magnified because the department has been forced to operate under a six-month continuing resolution that has already compelled us to take steps to reduce spending.

"In the event of sequestration we will do everything we can to be able to continue to perform our core mission of

providing for the security of the United States, but there is no mistaking that the rigid nature of the cuts forced upon this department, and their scale, will result in a serious erosion of readiness across the force.

I have also been deeply concerned about the potential direct impact of sequestration on you and your families. We are doing everything possible to limit the worst effects on DoD personnel -- but I regret that our flexibility within the law is extremely limited. The president has used his legal authority to exempt military personnel funding from sequestration, but we have no legal authority to exempt civilian personnel funding from reductions. As a result, should sequestration occur and continue for a substantial period, DoD will be forced to place the vast majority of its civilian workforce on administrative furlough.

"Today, I notified Congress that furloughs could occur under sequestration. I can assure you that, if we have to im-

plement furloughs, all affected employees will be provided at least 30 days' notice prior to executing a furlough and your benefits will be protected to the maximum extent possible. We also will work to ensure that furloughs are executed in a consistent and appropriate manner, and we will also continue to engage in discussions with employee unions as appropriate.

"Working with your component heads and supervisors, the department's leaders will continue to keep you informed. As we deal with these difficult issues, I want to thank you for your patience, your hard work, and your continued dedication to our mission of protecting the country.

"Our most important asset at the department is our world-class personnel. You are fighting every day to keep our country strong and secure, and rest assured that the leaders of this department will continue to fight with you and for you."

Course cancellations . . . Due to budgetary constraints, Human Resources Service Center Southeast has advised the following courses have been cancelled: Introduction to Excel, March 19; Introduction to Access, March 20; Intermediate Excel, March 21; Intermediate Access, April 23; Advanced Excel, April 24; and, Advanced Access, April 25.

See Something Wrong, Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

To report information by Cell text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone.
2. Receive a response, for example: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

To report information Online:

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.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904- 542-5587, E-mail: CNRSE_HOTLINE@navy.mil.

WE BUILD ★ WE FIGHT



SEABEE Online
 United States Navy

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

Buzz on the Street



By CECN Lucinda Moise
NCBC Public Affairs

"What do you think of the Navy doing Breathalyzer testing?"



"I think it's a good idea, especially coming from the weekends with a lot of partying going on."

CS2 Keri Johnson
NCBC

Hometown: Decatur, Ga.



"I simply don't agree with it."

EO1 (SCW) Kenneth Lister
20th SRG

Hometown: San Antonio, Texas



"It's especially good for people working in high impact situations, such as working around heavy machinery."

NCC (SW/AW) Deborah Cohn

20th SRG
Hometown: Melbourne, Fla.

Around the



Center

Naval Mobile Construction Battalion (NMCB) 11's Seabee Ball Committee raised money for the 2013 Seabee Ball with an organized pie-in-the-face event. Seabees paid to vote in pie-in-the-face recipients. Seven people were pied in the face during morning quarters, Feb. 19. The committee raised \$749 for the ball which will be held at the Mississippi Coast Coliseum, March 23. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)



Construction Electrician 2nd Class Brooke A. Thompson, from Jamestown, N.Y., assigned to Naval Mobile Construction Battalion (NMCB) 11, completes a generator check during a command post exercise on Naval Construction Battalion Center, Gulfport. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

People stopped to see what all the noise and excitement was about inside the CBC Fitness Center gym, Feb. 16. The jumping, sliding, clapping, dipping action was all part of the fun at the Valentine's Zumbathon. More than 20 participants, some dressed in pink and red Valentine's Day attire, sweated to the beat for two full hours of heart pumping exercise led by course instructor, Luana Flint. (U.S. Navy photo courtesy of MWR/Released)





Illustrated is a rendering of final design of new Navy Exchange (NEX) Mini Mart and Gas Station currently under construction on board Naval Construction Battalion Center (NCBC) Gulfport. Construction is projected to be complete summer 2013. (Illustration courtesy of Naval Facilities (NAVFAC) Southeast (SE) Public Works Department (PWD) Gulfport/Released)

Seabee Center awaits completion of new Mini Mart, Gas Station

By **CECN Lucinda L. Moise**
NCBC Public Affairs

A new Navy Exchange (NEX) Mini Mart and Gas Station is currently under construction at Banbridge Avenue and 7th Street on board NCBC.

The development of the new NEX Mini Mart is currently 40 percent complete. The award value of the facility is \$4.175 million dollars.

The current mini mart is 2,500 total square feet and the new Mini Mart is 7,200 total square feet. According to Julie Herring, the NEX general manager, a new mini mart is long overdue.

"The current mini mart is 42 years old and its outlived its

life. It will benefit the base by having an expanded merchandise assortment, improved efficiencies for gas and LEED [Leadership in Energy and Environmental Design] certified and energy efficient," said Herring.

LEED is a system which rates building on its environmental efficiency. A LEED certification ensures that a facility reduces the negative environmental impacts, such as sustainable sites, water efficiency, energy and atmosphere, materials and resources and indoor environmental quality

The new NEX Mini Mart will come equipped with a walk-in humidor, six additional gas pumps, and two diesel pumps.

The new facility will also have a walk in beverage cooler, expanded hot bar, expanded wine and spirits selection, and an expanded micro brew beer selection.

Lt. j.g. Patrick Bergstresser, construction manager for public works department, NCBC Gulfport Naval Facilities (NAVFAC) Southeast, believes there is a lot of anticipation for the completion of the new NEX Mini Mart.

"We are all very excited about getting this new mini mart. The troops deserve a more up to date, larger store," said Bergstresser.

The new facility is projected to be complete during the summer of 2013.

VITA - Volunteer Income Tax Assistance



The VITA office is open to help with your tax preparation. VITA is located in building 60, room 265. Appointments for self-service tax preparation are being offered Tuesdays, Wednesdays and Fridays, and appointments for full-service for certain circumstances are being offered Mondays and Thursdays. VITA is open Mondays – Thursdays, 9 a.m. - 2:30 p.m., and Fridays, 9 a.m. - 1:30 p.m. For general questions or to make an appointment call 228-822-5131.

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Gowns for Seabee Ball . . . The Thrift Shop on board Naval Construction Battalion Center, Gulfport is requesting any ball gown donations you may have available. Donated gowns will be modeled at the annual Navy Marine Corps Relief Society's Seabee Ball Gown Fashion show March 1, 6 p.m., in the Training Hall. Light horderves and refreshments will be served at the Fashion Show and adult beverages will be available for purchase. The gowns worn at the Fashion Show will be available for purchase March 2 from 10 a.m. - 1 p.m. at the base Thrift Shop, building 29. The Thrift Shop is in Building 29 and is open Tues/Wed/Fri from 9 a.m. to 1 p.m. Please contact the store, 228-871-2070 or the NMCRS office, (228-871-2610 if you need to set up alternative drop off times for donations.



**SEABEE DAY
2013**



Naval Construction Battalion Center
Gulfport, Mississippi



**Saturday, March 9, 2013
9 a.m. to 4 p.m.**

Fun for the whole family!

Join us for Free Carnival Rides, Great Food, Mountains of Military Displays, Free Kids Play Area, Petting Zoo, Music and More!

Free Community Event, Open to the Public

WWW.SEABEEDAY.ORG



NCBC FRAMES

**Culinary Specialist 1st Class
(SW/AW) Tomeeko Young**

NCBC

Leading Culinary Specialist

By **MCC(SCW/SW/AW)
Ryan G. Wilber**
NCBC Public Affairs



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

CS1: The election of our first African American President. It signified change, we are starting to evolve as a nation. Some people aren't use to change. Being in the military, we have to adapt to changes all the time. The key is to keep an open mind.

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

CS1: My biggest motivation has been my family. They have always been my biggest fans, critics, and counselors. Family makes who we are, without them I wouldn't be where I today.

FF: What advice would you give to future Sailors?

CS1: Work as team. Don't be quick to assume you have all the answers. Take the time to listen, ask questions, you will be surprised at how much you can learn from others.

FF: What is your favorite thing about working with the Seabees?

CS1: I used to be attached to NMCB 40. From my experience, Seabees are like angels with wings. I'm always amazed to see the amount time and effort they give back to their communities, or to disaster stricken areas. They are always there willing lend a helping hand. There has never been a job to

big or too small. To experience moments like these makes me proud to be part of the Seabee Community.

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

CS1: My brother, BUCS Fredrick Young (NMCB 133). As kids, he would always challenge me to be the best. Don't be a cry baby. Although there have been days, I've cried, big brother has always been there. Don't let anyone determine your future but you. Every since joining the Navy, his biggest motto has always been "Take care of your people and your people will take care of you."

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to seabeecourier@navy.mil.

Happy 218th Birthday Navy Supply Corps! In honor of the Supply Corps, Colmer Dining Facility will prepare a special meal Feb. 22, 11 a.m. - 12:30 p.m. All who are authorized access to NCBC Gulfport are invited to dine on a steak and lobster extravaganza. Meal cost: \$4.60/person.

SEABEE BALL



**MARCH 23 AT 7 P.M.
COCKTAILS AT 6
MISSISSIPPI
COAST COLISEUM**

**FREE CHILD CARE AT
CDC W/ PURCHASE OF
TICKET!
1ST COME, 1ST SERVE!**

**YOUTH/TEEN LOCK-IN -\$15
MARCH 23/24 5 P.M. TO 7
A.M. W/ PURCHASE OF
TICKET!**

COMMAND POINTS OF CONTACT FOR TICKET SALES/INFORMATION:

**NMCB 1: CUCM JOSH SCHLEGEL, (UNTIL AP/MB RETURN)
NMCB 11: BUC ANTHONY BOLDREY
NMCB 74: CM1 JOSEPH SHIMKO
NMCB 133: EAC BRANDON HILL
NCTC: BUC MARIO SOLARES AND
EOC JOSH BRAND**

**22/25NCR: CECS CLINT RAINEY AND HMC CHARLOTTE REIJO
20SRG/LDO & CWO: ENSIGN MATT CATANESE AND BU2 KATHERINE RUBIO
AFRH: EAC BRANDON HILL
VIP:
CHARLOTTE WILLIAMS**

**TICKETS: E-7 AND ABOVE: \$40,
E-6 & BELOW: \$20, CIVILIANS: \$40**

'First and Finest' Seabees of NMCB 1 Return to Family, Friends



Family and friends were on hand to welcome home more than 350 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1, Main Body, Delayed Party and NMCB 1, Detail Horn of Africa (HOA) at the Training Hall on board NCBC Gulfport as they returned from deployment on two sepa-

rate flights, Feb. 19. For more than six months The First and Finest have been operating forward deployed to the U.S. 6th Fleet area of responsibility in support of construction operations throughout Europe and Africa. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Brothers reunite while deployed in Afghanistan

By MC1 Steven Myers
NMCB 133 Public Affairs

A Seabee from Naval Mobile Construction Battalion (NMCB) 133 had a rare chance to reunite with a loved one while deployed in Afghanistan, Feb. 9.

Blanchard, Okla., native, Utilitiesman 2nd Class Samuel Cullins, had the good fortune to visit the outpost where his younger brother, Army Pfc. Stephen Cullins, is deployed with the Rakkasans of the 187th Infantry Regiment.

"It was a once in a lifetime opportunity," said Samuel, who had not seen his brother since his boot camp graduation in 2011. "I was amazed at the difference in the person that he has become, and how joining the Army has developed him. It is hard enough to get to see family while deployed or even on active duty, much less in Afghanistan."

"I am very thankful that both of our commands let us have this opportunity," he added. "I know I enjoyed it very much, and so did he."

NMCB 133, part of Joint Task Force Triple Nickel, is currently deployed to the U.S. Central Command area of responsibility in support of engineering operations for coalition forces, the Afghan National Army and the local population.



Utilitiesman 2nd Class Samuel Cullins of Naval Mobile Construction Battalion (NMCB) 133, Task Force Anchor, poses with his younger brother Pfc. Stephen Cullins of the 187th Infantry Regiment during a visit while both are deployed to Afghanistan. NMCB 133, part of Joint Task Force Triple Nickel, is currently deployed in support of engineering operations in the U.S. Central Command area of responsibility. (U.S. Navy photo by Utilitiesman 2nd Class Samuel Cullins/Released)

Navy-GSA Streamline Heavy Equipment Rental Program

By Sue Brink

Naval Facilities Engineering Command Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast Base Support Vehicles and Equipment (BSVE) Product Line declared success, Feb. 5 working with General Services Administration (GSA) in a joint venture to streamline the short term rental process for Navy heavy equipment in the Southeast.

Public Works Departments, along with other government agencies, now has access to various types of heavy duty Civil Engineering Support Equipment on a short term basis (up to 365 days) through the GSA Heavy Equipment Short Term Rental (STR) Program. Types of equipment in the program include, but are not limited to bulldozers, back-hoes, generators, loaders, and man-lifts.

"This new tool will definitely help the Navy and will lead to significant cost reductions in operations by allowing us to reduce our pool of equipment," said Jeff Killian, NAVFAC Southeast Public Works Business Line coordinator. "Emergencies come up in our business and this will provide a means to quickly resolve equipment needs."

This acquisition strategy is now available by the implementation of a GSA negotiated, multi-vendor/multi region product delivery contract.

"Historically we have on occasion rented heavy equipment, but the process and payment was somewhat difficult to enable full time usage," said Ryan Costa, NAVFAC Southeast transportation specialist. "With this program the process is web based and we make payment through our already established GSA billing cycle."

In 2010, the BSVE team reached out to GSA to collaborate a new initiative to reduce underutilized

equipment. The team was aware of the already resounding success of the GSA STR program for light duty vehicles and wanted to look at what could be done for the CESE program.

"The new contract provides a means for competitive and low cost equipment rentals from multiple vendors," said Costa. "Utilizing this program will provide multiple cost saving benefits to the Navy and other agencies throughout the government."

With more equipment available on an interim basis through this program, the Navy can look at reducing the inventory of heavy equipment that it owns.

"Reductions of agency owned assets will dramatically reduce ownership and operational costs such as maintenance, labor and procurement cost," said Costa. "The GSA Heavy Equipment STR program will help us meet our strategic goal of reducing our direct and indirect costs."

The savings will be realized through not having to procure equipment and also bear the cost of maintenance. As the various sites throughout the southeast start utilizing the new program, they will review existing equipment inventories to determine at what point in time the inventory can be purged based on the new rental data.

"We need to continue to think outside the box and manufacture business strategies like this to mitigate costs - always being mindful of the taxpayers' dollars."

The new program allows flexibility during contingency events by lessening the need for contingency contracting and enabling access to available equipment on a national scale.

NAVFAC Southeast was the exclusive government agency during the program's "pilot" inception period during the middle of fiscal year 2012 and had realization of programmatic success shortly after.

"The accessibility of this program is currently available at all state-side locations within the Navy's Southeast region," said Costa.

BSVE continues to partner with GSA during this evolution and looks forward to the success of the program as GSA plans to phase the program's availability to all government agencies this year.

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 construction, diving and demolition skills with the latest and greatest technology and equipment.

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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

Why I love being ordered around



To everyday civilians, "the pursuit of happiness" typically involves career, home, love and family. It's no different for military families, with one important exception: ORDERS.

Unlike their civilian counterparts, active duty service persons must pursue their happiness within the strict confines of written military orders, which are lengthy documents that appear to be written in alien code.

Military orders seem riddled with gibberish, and might be easily replicated as follows: Sit on a computer keyboard for about ten minutes, periodically shifting positions. Once enough "XXXXXXXXs" and "UUUUUs" have been typed, print out about 15 pages; staple. Trust me, even the most seasoned soldier or sailor wouldn't immediately notice the difference.

However, buried amongst the seemingly nonsensical verbiage are key phrases such as "Report no later than August 2013" and "Newport, Rhode Island," which, although embedded in gobbledegook, are important mandatory instructions regarding the next couple of years in a service person's life.

We are a Navy family who's seen our share of military orders. Our most recent written orders arrived a month ago. Besides "RT-TUZUYUW" and "UUUU--RHMC-

SUU" my husband's orders indicate that this summer, he must report to a new job at the Naval War College in Newport, Rhode Island.

Our last orders instructed my husband to report to Naval Station Mayport, Florida in March 2011, and before that to Africa Command, Stuttgart, Germany in July 2008. Before that Djibouti, East Africa. Before that Norfolk, Virginia. Before that Molesworth, England. Before that, Monterey California. And so on, and so on.

I can't prove it without the assistance of an experienced cryptographer, but I think that our orders might also contain mandates such as "///GET OVER IT///" or "///NO WHINING--YOU'RE IN THE MILITARY///." We must follow military orders regardless of inconvenience or hardship, like moving your son before his senior year, or leaving the church that you like so much, or separating your youngest after she finally made a new best friend. None of that matters. We are at the mercy of the U.S. Navy.

So why do we continue to let ourselves get ordered around?

In today's unstable economic climate, one might think that mere job security is what motivates military families to keep following orders, and with all the news of "fiscal cliffs" and "sequestration" there is some truth to this.

However, regardless of job security, a deep attachment to a military culture develops. With each successive move, military families not only become more resilient, but also cultivate a strong identity and pride in their unique lifestyle. Believe it or not, we become so accustomed to being ordered to go somewhere new, we often

look forward to it after being in one place for a couple of years.

I must admit, I've wondered if our affection for military life might be a twinge of Stockholm syndrome. Or maybe it's rooted in fear of what's on the outside, like long-term prisoners who are afraid to be released. Or maybe it's a compulsion, like Pacino's Michael Corleone in *Godfather III* ("Just when I thought I was out, they pull me back in!")

Truly, I know our affinity for this lifestyle is rooted in honor, duty, courage, loyalty, patriotism and sacrifice for others. These concepts have become muddled in today's society, so we feel fortunate to raise our kids in a military environment where those virtues are emphasized. We live and work with other military families who have a common understanding of good and evil, right and wrong. We don't need a permanent hometown – it's the similar sense of values and camaraderie with fellow military families that make us feel at home.

No doubt about it: non-military families are fortunate to put down roots in one place where they can make close friendships and foster stable school, family and community ties. They might not understand how a family like mine could be happy about moving to Rhode Island after less than two years in Florida.

But we are happy about our ninth move in 20 years, because it's part and parcel of our military lifestyle. To quote a common saying which adorns many a sailor's front door, "Home is where the Navy sends us."

Get more wit and observations from Lisa at her blog, <http://themeatandpotatoesof-life.com>.

Commissaries support Military Saves Week

From DeCA

Savings generated by commissary shopping is why the Defense Commissary Agency is a partner of the 11th annual Military Saves Week campaign that encourages military families to avoid debt and build savings.

The campaign, "Set a goal, make a plan, save automatically," runs Feb. 25-March 2 and reflects DeCA's everyday action of delivering savings on groceries.

"Since we sell at cost in delivering the benefit, shopping your commissary saves you money automatically," said Joseph H. Jeu, DeCA director and CEO. "We're proud to partner with Military Saves to help our customers save money and, in turn, reduce debt."

Not only does consistent commissary shopping score savings of 30 percent or more, Jeu said, but savvy shoppers know that using coupons achieves even higher savings.

"Think of coupons as cash," he said. "And now, the commissary offers the Rewards Card to deliver even more savings via coupons for download onto your card."

At last count, more than 150 coupons were available; new coupons are posted as soon as they become available. Patrons can sign up to receive an email alert when new coupons have been posted to the site. Since the card's debut in August 2012, more than 2.6 million coupons have been downloaded by commissary shoppers.

Military Saves is part of the Department of Defense's Financial Readiness Campaign to persuade, motivate and encourage military families to save money every month. The Military Saves website offers great tips on saving and living well but spending less. Not surprisingly, many of the ideas call for grocery shopping with economy in mind, and the commissary can make that simple. Here are a few tips from the website:

~ Tip 1: Bring lunch to work

(savings estimate: \$3 daily). No matter what your preferences for lunch, the commissary can help keep the lunch box interesting as well as economical. Maybe you eat light – fresh, crisp veggies for munching; bagged salad; yogurt or energy bars. Or maybe you prefer hot meals in lunchtime portions – frozen entrees or heat-and-eat items to store in a desk drawer. The commissary can save you 30 percent or more on your brown-bag grocery shopping.

~ Tip 2: Eat out two fewer times a month (savings estimate: \$30 monthly). Shopping at the commissary for easy, economical meals at home not only saves you money, but the leftovers compound the value by providing future ready-to-heat meals.

Whether your menu includes salad and hamburgers, hearty soup or multi-course meals, keep this in mind: It might cost you \$25 to eat out but as little as \$5 to eat in.

~ Tip 3: Shop with a list, and stick to it. The savings could be hundreds of dollars. People who shop with a list and buy little else spend much less money than those who decide what to buy when they get to the store. You can plan your trip, tailored to your specific commissary, with our Shopping List tool.

During Military Saves Week and throughout February, commissaries around the world support the campaign by providing information on personal financial awareness and preparing nutritious meals for less.

Customers can join Military Saves via Facebook, Twitter, Web page and monthly newsletter. Visit <http://www.militarysaves.org> for more information.



Focus on Education

Magic fills the Fitness Center



The Harlem Globetrotters, basketball's goodwill ambassadors traveled to the Mississippi Gulf Coast to show off their basketball skills this week. While on the coast, NCBC Gulfport was lucky enough to have Globetrotter Firefly Fisher stop by the Fitness Center for a demonstration and drawing for a free ticket package to a performance at the Coast Coliseum. The event began with a drawing for five lucky contestants to participate in the "Magic Circle." The children selected for the circle lined up and took turns following Firefly's instructions on how to perform basketball tricks. Winners also won an autographed Globetrotters photo. Next, Firefly drew for the grand prize, a family package of tickets to see the Globetrotters in person. The winning family, the Magoulick's, will have the chance to see the Globetrotters perform in person Feb. 21. (U.S. Navy photos courtesy of MWR/Released)

Gulfport Sea Cadets seek assistance

From NCBC Gulfport Battalion Sea Cadet Corps

The Naval Sea Cadet Corps (NSCC) is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League of the United States, with support from the United States Navy and Coast Guard. NSCC is dedicated to developing the principles of patriotism, good citizenship, and self-confidence, and to instill in young people a sense of duty, discipline and respect for self and others.

The Gulfport area unit, "Gulfport Battalion," is under the command of Lt.j.g. Chuck Bowling. The unit drills on-board CBC Gulfport and is staffed by adult volunteers dedicated to helping the area's youth succeed in life.

Sea Cadets (ages 13 through graduation from high school) can advance through the ranks of E1 through E7 by attending monthly drills, taking Navy correspondence courses (Basic Military Requirements [BMR], Seaman and Military Requirements for E4 through E7), attending Recruit Training Indoctrination [RTI] and Advanced Trainings, along with having time in rate. Navy League Cadets (ages 10 to 13) have a training syllabus covering naval history, customs and courtesies, etc., which allows them to advance E1 through E6.

Members of the Sea Cadet Corps can also wear appropriately modified Navy uniforms while Navy League Cadets wear a salt and pepper (white shirt and black pants) style uniform.

Training is year-round, usually one weekend per month, with two-week advanced training opportunities offered during longer summer and winter school breaks. After completion of RTI, a variety of oppor-



tunities are available in over 20 categories, which include Aviation, Seamanship, MAA / judicial, leadership and shipboard training. Submarine seminars, medical, engineering and professional careers, Seabee, music, STEM (science, technology, engineering and math), and spec warfare training, plus many more. Advanced trainings are conducted for Sea Cadets (two week intervals) and Navy League Cadets (one week intervals).

A cadet who achieves E2 in the Corps can enter the Navy or Coast Guard as an E2, and if they achieve E3 or higher in the Corps, they can enter the Navy or Coast Guard as an E3 (advancements and pay at advanced pay grade starts at the completion of the Navy or Coast Guard Recruit Training Indoctrination.) The Marine Corps awards E2 if the cadet achieves E3 or better, and the other services address each cadet, on a case by case bases, for an advanced enlistment.

The Gulfport Battalion is in need of additional adults to volunteer their time. 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 or someone you know has a desire to help support the unit here, at NCBC Gulfport, please contact Lt.j.g. Charles "Chuck" Bowling at Coachcb_98@yahoo.com or 228-213-9035 or Lt.Cmdr. Thomas Klomps at Region63@juno.com or 850-890-6792.

For general information on the sea cadet program, visit: www.seacadets.org

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



Fitness

After a good work out, what better gift to the one you care about than a massage! All massages offered through the CBC Fitness Center for the month of February are \$5 off. Surprise the one you love with something healthier and more rewarding than sweets! Call Julie at 228-297-5601 for rates and to schedule an appointment today!

Doing the same old work out can get boring. Make it fun and add in that healthy competition that pushes you just a little bit further. The CBC Fitness Center offers great intramural sports opportunities. Try racquetball for some one on one action or show off your volleyball skills. Intramural sports vary seasonally and have a limited time for sign up. Call today for details 228-822-5109.

Recreation

FREE Movie Program at the Training Hall: Take a load off. Sit back and watch the big screen all by yourself for some alone time, or make it a family night and bring the whole crew! Stop by the Snack Bar on your way in to get that buttered movie popcorn and those other goodies that help you get lost in the moment. Forget what was playing? No worries - put the movie hotline in your phone, 228-871-3299 and call anytime!

Friday, "Argo," R, 6:30 p.m.
Saturday, "Frankenweenie," PG, 11 a.m.; "Hotel Transylvania," PG, 1 p.m.; "Fun Size," PG13, 3:15 p.m.; "ParaNormal Activity 4," R, 5:15 p.m.
Sunday, "Ratatouille," G, 2 p.m.; "Silent Revelation," R, 4:30 p.m.

Information, Tickets and Travel:

Active Duty, Reservist, National

Guard, USCG and Retirees are now eligible for a complimentary Universal 3 Day Park-to-Park ticket and Blue Man Group Ticket at children's price! All dependents and DOD personnel are eligible for discounted Universal 2 Day, with 3rd Day Free tickets! Call for info.

Getting ready for a Spring Break Getaway? Get up to 60 percent off lodging rates for military and DOD personnel at more than 450 hotels, resorts, condominium resorts, vacation homes, log cabin rentals and Bed & Breakfast Inns throughout the US. Available at ITT through the Military Ticket Voucher program! Call 228-871-2231 for more information.

Liberty Center

The Harlem Globetrotters are in town and Liberty is your all inclusive pass to the action today, for only \$20 dollars, leave the Liberty Center at 6 p.m. and head over to watch the Harlem Globetrotters in person. Seats will fill up fast so sign up today!

Get your poker face ready for the Navy Military Saves Poker Run. The Poker Run starts Sunday and lasts all week. Do you hold that card or trade it for a better one? Learn about financial management while you enjoy the game. Call or visit Liberty today for event details!

Navy Outdoor Recreation:

NOR has a deal on everything you need for the party this February with its party equipment package!

For only \$28, rent a canopy, 120 quart cooler, table, six metal chairs and a party machine of your choice - popcorn, cotton candy, snow cone or a bubble machine. Call Navy Outdoor Recreation today for

details, 228-871-2127.

Food and Beverage:

The Beehive is now open every day of the week! Watch the game on one of our seven flat screens, play a little pool, and enjoy good times with friends! With an excellent beverage selection, you are sure to find your preference. Call for details 228-871-4009.

Don't want to get out in the cold for lunch? Let The Grill bring it to you. The Grill offers lunch delivery Monday - Friday from 11 a.m. - 1 p.m. Call 228-871-2494 to place your order. Fight that early morning chill by getting a hot breakfast. The Grill is open as early as 6:30 a.m. Take your pick from French toast plates to breakfast burritos or traditional eggs and bacon. The Grill is located at the corner of Colby and 7th Street.

Anchors & Eagles: Great service and good times are what you can expect at Anchors & Eagles. Open Tuesday-Thursday 2 - 9 p.m. and designated for Chiefs and Officers. Stop by and shake off the day with comrades.

Youth Activities

Put on your skates and pump up the volume while you make your way around the rink. Sign up with the YAC today and head to Golden Gate Skateland on Saturday from noon - 6 p.m. for only \$5. Seats are limited so act fast.

Fun and learning all in one is what you get on Weird Science Night at the YAC and it's FREE. This Tuesday try out the egg ex-



B Ball Champs
 The NCBC Fitness Center Intramural basketball champions are "Wigsplittas," left, Joseph Lowe, "Marlon", "Marble," Jaray Boone, Stephen Ashley, Jamarius Becton, Ammos Pugh, Luther Suggs, (not pictured Justin Raye), who took the trophy Feb. 19 after a match-up with the Keesler Air Force Base winners. The winning score was 53-46, in favor of Gulfport. The champs recently beat out five other teams including Naval Mobile Construction Battalion (NMCB) 11, Naval Branch Health Clinic (NBHC), 366 Training Squadron (TRS), 22/25 Naval Construction Regiment (NCR) and Team Pluto in a single elimination tournament Feb. 14 at the CBC Fitness Center. NMCB 11 placed second in that tournament. (U.S. Navy photos courtesy of MWR/Released)



periments. Who knows what weird knowledge you will walk away with? The program runs from 5:30 - 8:30 p.m. Call YAC to sign up!

**For more
 MWR
 program
 information
 contact:**

Anchors & Eagles	228-871-4607
Auto Hobby	228-871-2804
Beehive	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
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

NCBC Helping Hands volunteer opportunities



RIDE2RECOVERY GULF COAST CHALLENGE - R2R will be traveling on the Gulf Coast, from New Orleans to Tallahassee March 4 - 8 with over 200 Wounded Warriors participating. March 4 in Mobile, Ala., the USO Gulf Coast will be hosting a Casino Night from 6 - 10 p.m. and needs 20 volunteers to assist with this event and to volunteer as amateur dealers (no experience necessary.) For more info please contact usogulf-coast@uso.org

SMOKIN' THE SOUND AND SMOKIN' THE LAKE - Smokin' the Sound and Smokin' the Lake, April 26 - 28, and Smokin' the Lake, May 4 - 5, are return-

ing to the Mississippi Gulf Coast. Race organizers are asking for volunteers to sell and attach wrist bands to event spectators, director spectators to viewing areas and perform other volunteer services. Volunteers will be provided with a meal. If you are interested in volunteering, please contact Chief Ryan Wilber at ryan.wilber@navy.mil or stop by the NCBC Public Affairs Office, building 1, room 205, no later than March 30 to sign up for a shift.

LONG BEACH ALTERNATIVE SCHOOL SEEKS MENTORS - Long Beach Alternative School on Old Pass Road in Long Beach is looking for men-

tors for three high school girls and four high school boys. Mentor duties will include providing direction on assignments, increasing personal accountability and other life skills. Please call Michelle Harrison, 228-865-1956 if interested.

WOOLMARKET ELEMENTARY SCHOOL SEEKS MENTORS - Woolmarket Elementary School on John Lee Road in Biloxi is looking for mentors for their male students as they prepare for middle school. Please contact Shirley Hardman at 228-392-5640 for more information or to volunteer.

COAST SALVATION ARMY NEEDS VOLUNTEERS - Volunteers are need for

various projects throughout the year. Contact Shawna Tatge for info, Shawna_Tatge@uss.salvationarmy.org

VOLUNTEER WITH USO - Volunteering is both fun and rewarding. If you are interested in volunteering or would like more information, please visit <http://www.usovolunteer.org/>. Volunteers are needed at both USO locations - (NMPS 2nd Floor, NCBC and Gulfport Biloxi International Airport.)

PROFESSIONAL GOLF ASSOCIATION NEEDS VOLUNTEERS - Volunteers are needed for the Professional Golf Association (PGA) Champions Tour featuring top golfers - Fred Couples, Tom Lehman,

Mark Calcavecchia, Nick Price, & Bernhard Langer March 18 - 24 at the Fallen Oak Golf Club, 24400 Highway 15, Saucier. Volunteer will receive a shirt, hat or visor, a credential for the week, meals during shift, six good-any-day tickets, a free round of golf at Grand Bear and admission to a volunteer party at Hard Rock, Biloxi. For details, contact Stephanie Griffis, 228-896-6365.

DRIFTWOOD NURSING HOME - Want to make a difference in the life of the elderly then volunteer with Driftwood Nursing Home located right outside the Broad Avenue gate. Contact Christina to volunteer, 228-243-3421.

Seabee Memorial Chapel



Center Chaplains:
Lt. Cmdr. Paul Smith, Protestant Chaplain
Lt. Yoon Choi, Protestant Chaplain
 For information concerning other faith groups,
 call the chapel office at 228-871-2454

Services:
Gospel Service: 8 a.m.
Sunday Catholic Mass: 9:30 a.m.
Weekday Mass: Tuesday, 11:15 a.m.
Divine Worship: Sunday, 10:30 a.m.

Chapel Offerings

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday that might suit your needs. Protestant Services include a Gospel Service at 8 a.m. and Divine Worship Service at 10:30 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also Catholic Mass Tuesdays at 11:15 a.m.

Seabee Pantry

The Seabee Pantry needs restocking. During the holidays, the need for food donations is at its highest level. Please donate as many canned goods and other nonperishables as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. The Seabee Pantry is for anyone affiliated with NCBC.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 10:30 a.m. Sundays. If you can sing or play an instrument, you are invited to come share your gift.

Women's Bible Study

Women's Bible Study is held Wednesdays at 11 a.m. at the Seabee Memorial Chapel. Free child care is available. For more information on all offerings that are available, contact the chapel at 228-871-2454.

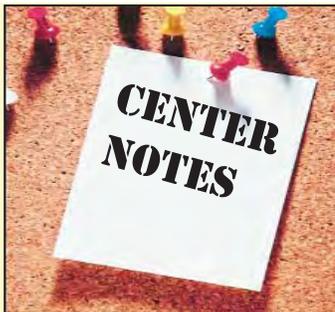


GULF COAST USO

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

FREE Services:	United Through Reading Program
Fax - Send/Receive:	Computers with web cams
228-575-5225	Internet and Email Access
Copies	X-Box
Snacks/Drinks	

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



SUPPORT

Family Readiness Groups

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

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Om-budsman website at <http://nmcb11.webs.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 more information.

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/NMCB133_FSG/133frg.

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscglfport@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 and will be hosting a meeting for new member Feb. 16. 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.navywivesclubs-ofamerica.org for more info 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, Wednesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet 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 details.

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 information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are 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. Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for information.

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 and all that is offered to members.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday -Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeeuseumstore.org or call the gift shop at 228-871-4779 for information on all that is available.

To publicize your organization, send information to seabeecourier@navy.mil



GULF COAST USO

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

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

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

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

NCBC Gate Hours

Pass Road:
24 hours,
7 days a week

Broad Avenue:
5 a.m. - 5 p.m.
Monday - Friday
and
9 a.m. - 5 p.m.,
Saturday, Sunday
and
Holidays

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



In support of the Navy's "All Hands" position on suicide prevention the Fleet and Family Support Center (FFSC) Gulfport offers a 45-minute Suicide Prevention brief to all commands. E-mail the FFSC Educator at: paula.ingram@navy.mil or call Paula at 228-871-3457 to schedule a presentation.

Suicide Prevention is an All Hands Evolution