

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

March 21, 2013

Africa Partnership Station



DOUALA, Cameroon - Sailors assigned to Naval Mobile Construction Battalion (NMCB) 4 share a coconut with local Cameroonian villagers during a site survey in preparation for building two new medical centers. NMCB-4 Sailors are partnering with members of the Cameroon Battalion d'Intervention on construction projects in Cameroon as part of Africa

Partnership Station (APS). APS is an international security cooperation initiative, facilitated by Commander, U.S. Naval Forces Europe-Africa, aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa. (U.S. Navy photo/Released)

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March 21, 2013

Seabee Courier

2

Pre-deployment actions to consider

By Lt. Maren A. Sheppard, JAGC

Legal Assistance Attorney Gulfport Legal, RLSO SE
 Are you an active duty member assigned to a deployable unit? Are you a reservist who has been recalled to active duty for a deployment? Are you a DoD civilian deploying for 30 days or more? If you fall into any of these categories, as soon as you get your deployment orders you need to begin preparing yourself to be legally ready for your deployment. Topics you need to consider include:

Powers of Attorney. Powers of attorney (POA) are legal documents that allow you (the "principal") to appoint someone else (the "agent") to act on your behalf. There are two types of powers of attorney – a general POA and a special POA. A general POA is a blanket

grant of authority for your agent to act on your behalf while you are gone. A special POA gives someone the authority to handle only one specific issue – for example taxes, vehicles, or your children. Draft your POAs closer in time to your deployment as they are good for one year.

Estate Planning. Estate planning includes several documents. First, a will that allows you to name the people you wish to receive your money and possessions (your estate), to name the people you wish to take care of your children (your children's guardian), and appoints the person in charge of carrying your wishes out (your executor). Second, a living will allows you to state your preference for artificial life support. Third, power of attorney. There are two durable POAs – a health care POA and a

durable General POA - that allow your family to make your health care decisions or handle your financial affairs if you are so injured or ill you cannot do these things yourself. Finally, it is important to ensure your SGLI (life insurance) and DD93 (beneficiaries) of the death gratuity and unpaid pay and allowances) are updated.

Family Matters. Family issues can create difficult hurdles to your ability to prepare for and focus on the mission. If you have a court case pending for divorce, child custody, child support, or spousal support try to resolve the case well before processing if you have time and it will not impact your case negatively. Otherwise, notify the court and the other parties involved of your pending deployment. Single parents or dual military parents should make sure family care plans are

updated and on file with commands.

Civil Matters. Are you involved in a pending civil case where you are the plaintiff, defendant, or witness? If you are unable to appear or adequately prepare for the case due to your orders you can request a suit stay under the Service members Civil Relief Act. Seek assistance from your command and notify the court you will not be able to attend as soon as possible to avoid a default judgment. Ensure arrangements have been made to pay bills - either by yourself or an appointed agent back home – during your deployment.

Minor Criminal Matters. If you have any pending criminal cases or unresolved traffic violations, it is imperative that you either resolve them or notify the court of your deployment as soon as practicable to ensure you do not incur any additional penalties and/or a warrant is not issued for your arrest.

Consumer Law/Identity Theft. While on deployment you can have an "Active Duty Fraud Alert" placed on your credit report to prevent becoming the victim of identity theft. A request is only needed for the alert by one of the three credit bureaus – TransUnion (1-800-680-7289), Equifax (1-800-525-6285), or Experian (1-800-397-3742) – and all three will place the alert on your credit report. You are also entitled to a free annual credit history report through www.annualcreditreport.com.

Vehicle and Property Storage. For your vehicle, ensure it is stored in a legitimate storage facility and the registration and insurance are current and cover the period deployment period in case your vehicle is damaged while in storage. For property, ensure homeowners and/or renters insurance covers your period of deployment, notify landlords or neighbors of absences, have someone regularly check on your property for you, and create a written or videotape record of your prop-

See **PREPARE** page 9



Communicating In Your Child's Love Language Workshop
 Open to all parents and expecting parents...
 April the 11th from 6:00 p.m. to 7:30 p.m. at the Base Chapel

Come & strengthen your relationship with your child by learning how to communicate in your child's "love language"...and for the children, there will be:

- *FREE childcare for ages 6 and under
- * an Interactive FOCUS Workshop for ages 7 to 12

FREE dinner for participants!

To sign-up, please contact CDR Goldberg at 871-4906 or Bet Ramsey of FOCUS at 822-5736.

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SEABEE

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Buzz on the Street

By CECN(SCW) Lucinda Moise
NCBC Public Affairs

"Do you have anything that you keep as a good luck charm?"



"Yes, my necklace I got from my best friend."

EOCN Natalie Beavers
NMCB 74
Hometown: Alakanuk, Ala.



"A medallion my fire chief gave me before he passed."

CMCN Sean Monohan
NMCB 11
Hometown: Yakima, Wash.



"I got a four leaf clover tattooed on my foot with my mom."

CMCN Caitlin Thormann
NMCB 11
Hometown: Annville, Pa.

Around the Center



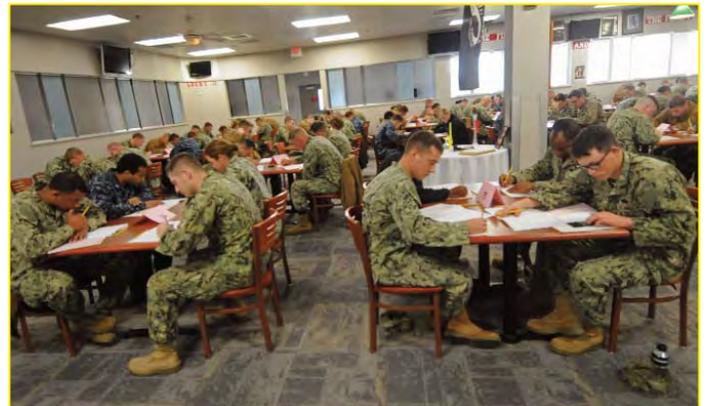
Center

Utilitiesman 3rd Class Ariane Makell, assigned to Naval Mobile Construction Battalion (NMCB) 74 and a Navy-Marine Corps Relief Society (NMCRS) Fund Drive administrative assistant, and Melissa Wilson, a NMCRS Gulfport relief service assistant, verify donations submitted for the Fund Drive by command coordinators at the Fleet and Family Service Center (FFSC) on board Naval Construction Battalion Center (NCBC) Gulfport, March 13. The Fund Drive will continue through March 29. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Equipment Operator 1st Class Ted Hillanbrand, assigned to Naval Construction Training Center (NCTC) Gulfport, demonstrates pre-start procedures on the auxiliary hydraulic unit for a vibratory hammer, while contractors from General Dynamics Information Technologies (GDIT) of Pensacola, Fla., making a training video photograph and video record on board NCBC Gulfport, March 12. Once approved, the training is designed to be added to the existing crane "C" school pipeline. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Personal assigned to NCBC take the 2nd Class Petty Officer exam at the Colmer Dining Facility on board NCBC, March 14. The exam is given biannually to eligible 3rd Class Petty Officers. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



March 21, 2013

Seabee Courier

Marine Unit 4th AAV relocating to Norfolk

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

After 64 years located on board Naval Construction Battalion Center (NCBC) Gulfport, 3rd Platoon Reinforced (REIN), Company A, 4th Assault Amphibious Battalion (AAB), along with their amphibious assault vehicles (AAVs), will soon be relocated to Norfolk, Va., and replaced with a motor transport maintenance facility.

The unit consists of an active duty Marine staff of 12 AAV operators and 83 Reservists. As a result of a decision by a force structure review group, the AAVs are scheduled to be removed from the Seabee base by March 22, and the maintenance facility set up and operational this summer.

According to 4th AAB Inspector-Instructor Maj. Jason Burgan, the purpose of an AAB is to use the AAVs to transport combat Marines from ship to shore and then on to their objective.

An AAV can operate in three modes: land, water track and water jet, which allows passage over land, water, underwater objects and it's original purpose over coral reefs.

4th AAB has deployed from Gulfport, three times to Iraq in support of Operations Iraqi Freedom and Enduring Freedom, and according to Burgan was key in assisting the com-

munity after Hurricane Katrina, when the unit rescuing nearly 200 people using the AAVs.

4th AAB 1st. Sgt. Chad Coston, a former AAB operator himself, discusses the relocation.

"Seeing the Marines' loyalty to their MOS (Military Occupational Specialty), and being told they have to become something else is kind of bittersweet. Knowing the capabilities and deploying to Iraq with these vehicles, knowing what the Gulf Coast is losing along with what the Marines are losing it is bitter that way. But, change has to happen. We can't control it. We just facilitate it and make it a smooth as possible, and let the Marines know things happen for a reason, so we do what we have to do. You are a Marine at the end of the day regardless of if you are on an AAV or a 7-ton."

Coston refers to AAB operators as a "different breed" of Marine as the unit is comprised of members from many MOSs who are required to know multiple jobs, with up-keep of the AAV as priority number one.

"As an AAV operator, if you don't take care of your vehicle then you are useless. There is a lot of work to make sure that vehicle is ready," said Burgan. "An Amtracker (nickname for an Amphibious Tractor operator) is a jack of all trades, defi-



The staff of 3rd Platoon Reinforced (REIN), Company A, 4th Assault Amphibious Battalion (AAB), located on board NCBC Gulfport, pause for a photo with an Amphibious Assault Vehicle, March 15. After 64 years located on board NCBC Gulfport, 4th AAB, along with their amphibious assault vehicles (AAVs), will soon be relocated to Norfolk, Va., and replaced with a motor transport maintenance facility. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

nately a different breed."

We're a maintainer, we're a communicator, we're a gunner on that vehicle," added Coston.

Although the unit relocation comes with personal and professional challenges for the assigned Marines and drilling reservists, Coston said career

planners are working with the unit to assist with expedited lateral conversions that could allow the reservists to drill closer to home and/or allow them to convert to a job they desire. The active duty members will be reassigned to various AAV units.

"This is the best time that any of these Reserve Marines can pick their own destiny," said Coston.

The maintenance facility, relocated from Augusta, Ga., is scheduled to be set up and operational on board NCBC Gulfport this summer.

March 21, 2013

Seabee Courier

4

MWR Easter Egg Hunt

March 30
9 a.m. – noon

Athletic Fields across from the CBC Fitness Center, Building 361

This event is for children ages 12 and under. Call 228-871-2251 for more information

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.

EASTER CELEBRATION
SEABEE MEMORIAL CHAPEL

EASTER SUNDAY - March 31

Sunrise Service - 6:30 a.m. (at chapel)
Catholic Mass - 9:30 a.m.
Protestant - 10:30 a.m.

Gospel Revival Services
 March 28 - 11:30 a.m.
 March 29 - 11:30 a.m.

Holy Week Mass
 March 28 - 7 p.m.
 March 29 - 3 p.m.
 March 30 - 7 p.m.
 No Tues Mass

EASTER EGG HUNT WILL BE HELD MARCH 31 FOLLOWING PROTESTANT SERVICE. FELLOWSHIP TO FOLLOW

Shot of Reality comes to NCBC



Personal assigned to NCBC attend the Shot of Reality Alcohol Awareness Tour at the Training Hall on board NCBC, March 15. The training featured impromptu responsible and irresponsible drinking scenarios created by audience members and enacted by performers Bryce Whissel and Patrick McIntyre. Whissel and McIntyre used the spur of the moment



comedy to entertain and inform the audience of the dangers of irresponsible drinking. Shot of Reality attendees seemed to enjoy the charade game and the fact that humor was used to engage the audience and help them think about the realities of drinking too much. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Get your move on . . .

Peak season right around the corner for Household Goods/Personal Property Office

From NCBC Household Goods/Personal Property Office (HHG/PPO)

Peak season is fast approaching for shipping your personal property. Household Goods/Personal Property Office (HHG/PPO) has a few tips to share to make your move a success.

It is highly recommended that as soon as you receive your new orders you start your move process.

To improve your moving experience and streamline the process for those who support it, the Department of Defense (DOD) developed a new program called the Defense Personal Property Program (DP3).

This new program focuses on meeting the needs of Armed Forces Members, DOD Civilian Employees and their families by promoting a higher service quality.

All moves are initiated by the service member on line at <http://www.move.mil> by using the Defense Personal Property Program (DP3). Currently only Explorer, Firefox and Safari browsers work at this time and users must make sure the pop up blocker is turned off.

First time DPS users must obtain an Electronic Transportation Acquisition (ETA) login Identification (ID) and password before accessing DPS.

To obtain an ETA login ID and password, log on to: <http://www.move.mil>.

Once you have accessed [move.mil](http://www.move.mil), click on the DPS Registration tab, then click on DOD Service Member and Civilian Registration

After the registering, enter customer information and scroll to the bottom of the page and select "Submit." Please submit to your local Personal Property Shipping Office (NCBC Gulfport).

The final step is to print and sign your DD1299 and DD1797, bring a copy to our office with your orders at 3502 8th Street, Bldg 452, Gulfport, Miss., or email to hhg_gulfport@navy.mil.



Currently, requested pick up dates must be at least two weeks out. This time frame may change during the peak moving season.

Residency is not needed at destination to set up your move.

For more information, contact Terry Houmard, 228-871-4741 or Antilisa Lewis, 228-871-2588.

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.



Cmdr. Nicolas Yamodis, Naval Mobile Construction Battalion (NMCB) 133 commanding officer, Task Force Anchor, left, transfers authority for the Afghanistan engineering mission to Cmdr. Anthony Spindler, NMCB 15 Commanding Officer, Task Force True Grit, during a ceremony on board Camp Krutke. NMCB 133 departs Afghanistan after the completion of more than 70 engineering projects in support of Operation Enduring Freedom. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

NMCB 133 Task Force Anchor wraps up Afghanistan deployment

By MC1(SW/AW) Steven Meyers
NMCB 133 Public Affairs

U.S. Navy Seabees in Afghanistan transferred authority for the country's Navy engineering operations mission during a ceremony at Camp Leatherneck, March 19.

Naval Mobile Construction Battalion (NMCB) 133, Task Force Anchor, turned over with NMCB 15, Task Force True Grit.

"We would like to wish fair winds and following seas to the Runnin' Roos as they begin their journey home," said U.S. Army Col. Nicholas Katers, commander, 555th Engineer Brigade, Joint Task Force Triple Nickel. "What you have done in the last six months rivals the great accomplishments of the past. You have made your impact felt across the theater."

During their deployment, NMCB 133 supported engineering operations throughout

the region, directly supporting Operation Enduring Freedom in Afghanistan and supporting the U.S. Fifth Fleet with construction operations in Tajikistan, Bahrain, and Kuwait.

The battalion, while operating in six different countries, completed more than 70 projects.

Its horizontal construction efforts alone resulted in moving 1 million cubic meters of earth by pushing more than 18 kilometers of force protection berms and anti-vehicular ditches; clearing fields of fire for roughly 130 acres; re-grading a three kilometer strategic connector road on the side of a steep mountain; and constructing a 325 meter causeway.

The battalion also provided engineering expertise and construction effects in five of the six Regional Commands for

Afghanistan's International Security Assistance Force (ISAF).

Throughout its tenure as Task Force Anchor, the battalion conducted two named operation freedom of movement builds; Afghan National Army Engineer development; 17 life, health and safety improvement projects that were instrumental to improving the quality of life and force protection infrastructure for more than 12,000 Marines and Soldiers; five coalition forces water well drills; and twice completed a convoy movement of 1,300 kilometers, the farthest Afghanistan ground movement in the history of the Naval Construction Force.

"I couldn't be prouder of what we have accomplished," Cmdr. Nicolas Yamodis, NMCB 133 Commanding Officer told his Seabees. "You are an indelible piece of history."

NMCB 11 honors female AFRH Vets

By MC1(AW) Jonathan Carmichael
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 honored female veterans with a visit to the Armed Forces Retirement Home (AFRH) where they had lunch with female veterans and presented a plaque to be displayed in the home.

The visit to honor the 54 female veterans residing in the AFRH came, fittingly, during Women's History Month.

Cmdr. Lore Aguayo, commanding officer of NMCB11 attended and spoke directly to the veterans on behalf her battalion.

"What an honor and a privilege it is for those of us currently on active duty to be able to be here with you today and enjoy this wonderful lunch with you. In the 20 years that I've been in the Navy I've seen tremendous progress for women in the military, and I can only imag-

ine, from your observation when you first came in, what you've seen to date," said Aguayo.

Both groups, veterans and active duty members, appeared humbled as they shared stories with one another, realizing their common bond.

"We have come such a long way, and you all started it for us. Thank you sincerely from the deepest part of our hearts, we are in a debt of gratitude to you for what you did so that the rest of us can do what we do," added Aguayo.

Navy veteran Marion Ritchie, who had recently celebrated her 96th birthday, accepted a plaque on behalf of the female veterans in the Gulfport AFRH.

The plaque read, "Thank you for paving the way for
See **VETERANS** page 12



Current and former Navy yeomen pose together for a photo at the Armed Forces Retirement Home where the women of Naval Mobile Construction Battalion (NMCB) 11 were honoring female veterans in recognition of Women's History Month. Pictured are Marion Ritche, left, Yeoman 1st Class Desiree D. Wade, retired Master Chief Yeoman Heather Baird, and Yeoman 1st Class Maria D. Manchion, right. Ritchie holds a plaque that she accepted from the women of NMCB 11 on behalf of the women veterans at the Armed Forces Retirement Home in Gulfport, Miss. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael / Released)



Left: **Builder 2nd Class Megan Dunton** receives certificate from **Cmdr. Lore Aguayo** for outstanding physical achievement in the cycle-1 2013 Navy Physical Fitness Assessment. (U.S. Navy photos by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)



Right: **Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11** have lunch with their commanding officer, **Cmdr. Lore Aguayo** in recognition of achieving a faster run time than her on the recent Physical Readiness Test (PRT), a challenge Aguayo made to her battalion prior to the PRT.

Commander rewards top PFA performers in NMCB 11

By **MC1(AW) Jonathan Carmichael**

NMCB 11 Public Affairs

Ten Sailors assigned to Naval Mobile Construction Battalion (NMCB) 11 were awarded certificates by Commanding Officer, Cmdr. Lore Aguayo, March 12, in recognition of outstanding physical achievement and exceptional dedication during the 1st cycle of the 2013 U.S. Navy official Physical Fitness Assessment (PFA).

The certificates were presented in front of the entire battalion during morning quarters to the top female and top male PFA performer in each company.

The awards come one week after Aguayo treated 23 Seabees to lunch, fulfilling a promise made when she challenged her battalion to beat her run time on the recent 1.5-mile Physical Readiness Test (PRT) portion of the PFA.

"I challenged my Seabees to beat my run time to incentivize them to push themselves and set the example for others to follow," said Aguayo.

The time to beat was nine minutes, 46 seconds, and 30 of the battalion's roughly 580 men and women met Aguayo's challenge although some of them were not available to attend the lunch.

With a run time of 8:42, Builder Constructionman Apprentice Andrew T. Door, originally from Billings, Mont., laid claim to having the fastest run time in the battalion. Door was followed closely by Construction Mechanic 3rd Class Jeffrey A. Mitchell, from Chicago, and Steel-

worker Constructionman Joshua A. Sallee, from Paris, Ky., with run times of 8:46 and 8:47 respectively.

During the lunch, Aguayo encouraged her Seabees to mentor and motivate others who might have difficulty meeting the Navy's PFA standards stating that, "often it just takes someone who cares with a little extra motivation to get folks on the right track."

Aguayo's challenge serves as an example of the level of importance the commanding officer places on the battalion's physical readiness.

"There is no denying it; physical fitness is essential to our mission readiness," asserted Aguayo, who cites the physical demands placed on Seabees during NMCB 11's recent deployment to Afghanistan in 2012 as an example.

"Our Seabees endured extreme temperatures, physical labor with the additional weight of all our protective gear, and missions that often lasted more than 18 hours straight with minimal breaks. These environmental demands required our Seabees to be in top physical shape with the endurance to withstand such pressures on the body.

"Additionally, exercising is proven to help manage stress, which is ever so present in our line of work," concluded Aguayo.

According to Chief Builder Daniel Sherman, NMCB 11's Command Fitness Leader (CFL), 19 percent of the Seabees in the battalion improved their overall PFA score enough in cycle-1 of 2013 to move into the next higher category as compared to the previous cycle's PFA results.

Additionally, the battalion's PFA failure rate improved from 10 percent in the previous cycle to four percent in this most recent cycle. Sherman, a native of Pittsburgh, Pa., attributed multiple reasons for the improvements including "a well-structured Fitness Enhancement Program which focuses on properly counseling members on dietary issues and ways to improve personal fitness."

"A targeted approach to weight reduction through quality training routines has paid huge dividends," said Sherman.

Another program he credited is Ship Shape which, according to the Navy and Marine Corps Public Health Center official website

(<http://www.med.navy.mil/>), provides active-duty personnel with basic information regarding nutrition, stress management, exercise and behavior modification techniques to lower and maintain an acceptable body weight within Navy Standards.

Sherman also praised the command leadership and the Assistant CFLs (ACFLs).

"The ACFLs do a phenomenal job structuring the company-level work out routines, motivating personnel and ensuring that they put forth maximum effort each session. They are critical in assisting me with carrying out the commanding officer's intent when it comes to physical readiness.

"They are the ones that are implementing our unique fitness approach down to the deck plate level and are largely responsible for our command success," stated Sherman.

Sherman also mentioned imple-

mentation of the Navy Operational Fitness and Fueling Series (NOFFS) as a key to success in physical readiness. Perhaps the most fundamental key to the physical readiness of any command is in this statement Sherman made:

"In order to achieve overall success there has to be a true culture of fitness implemented and practiced on a daily basis. Leaders at all levels have a unique responsibility to encourage physical fitness among members and to push them to do their absolute best in this critical area of readiness."

It seems that this 'culture of fitness' has been implemented in NMCB 11.

"Monthly mock PFA's result in fewer official failures," claimed Yeoman 1st Class Maria A. Manchion, an ACFL in the command, in reference to the practice of testing individuals once per month to assess physical readiness as opposed to waiting until the semi-annual official PFA cycle.

"NMCB 11's PT program is very aggressive, and it benefits all of us." Manchion is originally from Parkersburg, W.V.

CFLs, ACFLs, and leaders at all levels within the command continue to maintain the intensity and daily practice of physical readiness by carrying out the commander's intent and a proven approach toward consistent improvement and physical fitness.

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 at 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

To heel, or not to heel, that is the sandwich



"Welcome to Subway, may I take your order?"

"Sure, I'll take a tuna on wheat, toasted, please." While the polite but pierced teen prepared my favorite sub, I chatted with my husband, who was next up. "So Hon, did you like that new club deli meat I put in your lunch today?"

"That sandwich had meat in it?" he asked sarcastically.

"What are you talking about? I made you a nice big sandwich with that new club deli meat I got at the commissary. You know, the one made of both ham and turkey with bacon wrapped around it. Geez, I thought you'd like it!" I declared incredulously.

"Well, Hon, it was kind of hard to taste anything inside the sandwich because the strong flavor of the two heels of bread you gave me overpowered everything else."

I grumbled, but he was right. After making the kids' sandwiches that morning, I noticed that two heels of bread were left. I

could've opened a new loaf and thrown the heels away, but my mother had instilled a certain frugality in me.

I thought my husband would appreciate the fact that I was not wasting two perfectly edible bread heels that his hard-earned military salary had purchased. Besides, I thought, he must be grateful that I'm the kind of wife that gets up every morning and

packs him a nice lunch, right?

"What would you like on your tuna, Ma'am?" As I selected toppings that were salty, sour, crunchy and spicy, all I could taste was bitterness. "That's it," I ruminated. "He can make his own stinking sandwiches from now on."

As my sub was being salt-and-peppered, I remembered a conversation I'd had with a salt-and-pepper-haired lady in the YMCA locker room two tours ago in Virginia. We had just finished our morning exercise classes – I, advanced step; she, senior water aerobics – and the women's locker room was steamy and abuzz with conversation.

I regularly got a chuckle out of listening to the water aerobics group as they pulled on their support hose, stretch gabardine pants and embroidered tops. All the old women would cackle away about their ailments, medications, aches and pains. I always noticed that the salt-and-pepper-haired lady would listen and show concern for her friends' self-absorbed grievances, but never complained herself.

I thought she was a real class act, and made a mental note to myself to try to become that kind of old lady, rather than the kind that went on and on about things like glucosamine and chondroitin.

On this particular day, she and I found ourselves simultaneously brushing our hair at the shared vanity. "Are there any decent car washes around here?" I asked, after some cursory remarks about the weather.

"Well," she started, with that Old World throw-back southern accent common in Richmond and Norfolk, "I must admit I'm not very familiar with automotive

services around here."

"You see," she went on, "my husband died last fall, and don't you know, during our entire 45 years together, I never once put gas in my own car."

It took me a minute to process the significance of what this tasteful elderly lady had just said. "Wait, you mean he always put gas in the car for you?"

"Why yes, he certainly did," she said, somewhat melancholy.

Of course, my immediate reaction was to get mad at my own husband, who never put gas in my minivan. Just as I was mentally making plans for real doozy of a husband-wife argument, the salt-and-pepper-haired lady continued:

"I never asked him; he wanted to do that for me, so he did. And there were things I always did for him – cooking his meals, gardening, and such. I must say, we loved taking care of each other."

I stood, mouth half agape, staring at the lady in the shared mirror. Like a scene from "Cocoon," it was as if she had just bestowed upon me the secret to a happy marriage.

"Will that be all?" the bolt-studded Subway employee said, jolting me back to the present. I realized that making my husband's sandwich every day didn't render me subservient to him. It was something I did to take care of him because he takes care of me.

With a fresh outlook on my marriage and a fresh tuna sub in my hand, I decided that there was no reason for me to dig my heels in. I'd continue making my husband sandwiches for the rest of our lives, and hopefully he'll endure a heel or two along the way.

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



Armed Forces MC 2013 Navy-Marine Corps Relief Fund Poker Run

April 20, AFMC Clubhouse

\$250 high hand, raffle prizes,
50/50, Food, DJ
\$15 per hand, two for \$20

Registration: 10 a.m.
First bike out: 11 a.m.
Last bike in: 4 p.m.

11007 Wolf River Road
Gulfport
HUA 228-229-2816

The PWD Gulfport Trouble Desk is Moving to the Regional Call Center

Move Date: April 1

Regional Call Center Phone Number: 1-855-462-8322

~ Call Center Operational 24/7

~ All Routine and Emergency Service Calls will be called into the RCC

~ Only Building Managers & Authorized Callers can place Routine Service Calls

(Anyone can call in an Emergency)

Questions? Contact PWD Re- 871-4270/4288; Alan Walker,
quirements or your Facility 228-822-5129; Rick Ricker,
Management Specialists 228-871-3983; Stephen Mur-
(FMS): PWD Gulfport, 228- 228-871-2192

Focus on Education

NCTC opens its doors to local high school students

By **CECN(SCW) Lucinda L. Moise**

NCBC Public Affairs

Recently, two high school students from Long Beach High School graduated from a welding course given at Naval Construction Training Center (NCTC) Gulfport on board Naval Construction Battalion Center (NCBC) Gulfport. In partnership with Long Beach and Gulfport High Schools, the program allows local high school students to attend

Builder or Steel Worker "A" school on the Seabee Base. On March 5, Christopher Walker and Mitchell McKenzie, successfully completed basic level welding certification training. Both McKenzie and Walker said they really enjoyed the welding class and have already utilized their new skills.

"The instructors taught very well and made it fun yet stayed on topic. I really learned a lot. I helped my grandpa weld a tire. He thought I

learned a lot too," said Walker. "I helped my uncle weld a tracker and he was extremely impressed with what I learned," added McKenzie.

High school students were first given the opportunity to attend NCTC at the Construction Mechanic "A" school in Port Hueneme, Calif. NCTC Gulfport personnel believed it was a great program and decided to offer it to the local high schools along the Gulf Coast.

According to Lt. Robert Carr, NCTC Gulfport training/operations officer, the students attending NCTC are classed with any of the three branches of service training at NCTC (Army, Navy or Air Force) to get them more interested in construction and engineering.

"The students will get to see a little of the military side of things, and we hope it gets the students interested in engineering," said Carr. "When we first started the program, an independent study found that there just aren't enough students in the state of Mississippi interested in construction or engineering."

There are no limitations or modifications to the curriculum. The high school students are taught the same shop techniques as the military students, including safety and knowl-



Cmdr. Scott Anderson, commanding officer of Naval Construction Training Center (NCTC) Gulfport, presents a basic level welding certification to Mitchell McKenzie for successfully completing basic level welding, during the Steelworker "A" school graduation on board NCBC, March 5. McKenzie and another Long Beach High school student attended "A" school for Steelworkers. (U.S. Navy photo courtesy of NCTC/Released



Cmdr. Scott Anderson, commanding officer of Naval Construction Training Center (NCTC) Gulfport, awards Christopher Walker a certificate of completion during the Steelworker "A" school graduation ceremony held at NCTC, March 5. (U.S. Navy photo courtesy of NCTC/Released)

edge of each piece of equipment in the shop.

Each high school student enrolled at NCTC receives a package that contains a waiver of liability, course description, student questionnaire, and a Memorandum of Understanding between NCTC and the school. In order to enroll, every student must be recommended by the high

school in which he or she attends and be interviewed by NCTC.

As the program continues, a Gulfport High School student began "A" school March 15. To date, four high school students have graduated from NCTC Gulfport.

For more information on the program, contact Carr at: 228-871-3365.

From **PREPARE** page 2

erty and its condition.

Service members Civil Relief Act Matters. The Service members Civil Relief Act (SCRA) provides great benefits and protections before, during, and after deployment. First, the SCRA allows you to reduce the interest rate on any debt you incurred (for example credit cards and mortgages) before your active duty orders began to 6 percent during active duty. Second, if the deployment is for more than 90 days the SCRA will allow you to terminate a residential or vehicle lease provided you give the landlord or lessor a written notice of your intent to terminate the lease under the SCRA along with a copy of your orders.

You may also terminate or suspend your cell phone contract if you are being deployed for more than 90 days outside of the service area. Third, the SCRA may also delay an eviction of your family while you are deployed. Finally, the SCRA also prohibits your property from being sold or repossessed without a court order. If you are interested in taking advantage of any of the SCRA's provisions the legal assistance office can offer guidance on application procedures and letters.

Taxes. For those deploying to a combat zone, combat pay is tax free! For those deployed during tax season there are also tax filing extension options from the IRS, including an automatic 180 day extension to

file and pay taxes for those deployed to a combat zone or in support of a contingency operation (plus credit for the actual time spent there). For additional information, please visit www.irs.gov.

USERRA. The Uniformed Services Employment and Reemployment Rights Act (USERRA) prohibits employers from discriminating against Reservists because of their deployment and requires reemployment upon their return back home. USERRA requires mobilizing reservists to provide oral or written notice to the employer of their upcoming call to Active Duty. For more information on USERRA, please contact your legal assistance office, the National Committee for Employer Support of the

Guard and Reserve (www.esgr.org), or the Department of Labor (<http://www.dol.gov/vets/>).

Eligibility. Per JAGINST 5801.2B, the highest priority is for legal assistance services is for active duty personnel attached to deploying units, other deploying active-duty personnel, and Reservists and National Guard members deploying under active duty recall. Pre-mobilization legal counseling and assistance may be provided to active duty or inactive reservists consistent with mobilization readiness needs. DoD civilian personnel deploying for at least 30 days to a combat zone, in support of a contingency operation, or aboard a naval vessel may be provided pre-deployment legal

assistance services within current means and capabilities. Finally, DoD civilian personnel who are U.S. citizens, other than local hire employees, employed by, serving with, or accompanying U.S. Armed Forces, when assigned to a foreign country or to a vessel or unit of the Armed Forces of the U.S. in excess of 30 days are eligible for notaries, POAs, wills, and general legal assistance services. Please visit http://www.jag.navy.mil/legal_services/riso/riso_southeast.htm for more information.

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



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

Friday, "Flight," R, 6:30 p.m.
Saturday, "Rise of the Guardians," PG, 11 a.m.; "Monsters Inc.," G, 1:15 p.m.; "Skyfall," PG13, 3:30 p.m.,

Fitness

CDC Fitness Intramural sports makes working out fun. This season, sign up for softball or three on three lunchtime basketball. Get a group together and motivate each other to push that work out a little further with some healthy competition. Sign up today at the Fitness Center. Call today for details 228-822-5109.

Summer is right around the corner. Are you ready for the beach? The CDC Fitness Center has everything you need to help lose pounds, tone up target areas or just plain feel better. The Center has top of the line cardio and strength training equipment and plenty of it - so you don't have to stand around waiting for machines. There are also racquetball and basketball courts, softball and soccer fields, and a running track. Equipment is available for rental at the front desk. And don't forget to finalize that healthy routine with a relaxing visit to the sauna.

Information, Tickets and Travel

On a budget? No worries -

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!

Twilight: Breaking Dawn Part 2, PG13, 6:30 p.m.

Sunday, "Wreck It Ralph," PG, 2 p.m.; "Killing Them Softly," R, 4:30 p.m.

you can still afford to get away with ITT's military discounted prices that aren't available anywhere else - not even online. Design a fun-filled, high quality custom trip for you and your crew. Whether you have a day or a week, there is fun around the corner at the local breweries, beaches and hotels. Mobile, New Orleans and Pensacola are only a short distance away. Stop by today to design your worry free adventure.

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 Third Day Free tickets!

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

Hop on the Liberty bus Friday for a fun filled bowling night at Cypress Lanes Bowling. The FREE Shuttle leaves at 6 p.m. Sign up today!

Outdoors and fast cars . . . what a great combination! Sign up today to go with Liberty on Wednesday to the Gulfport Dragway. The shuttle is FREE and the dragway offers military discounts at the gate. Call Liberty for details.

Navy Outdoor Rec

You can be sure to find the best prices around at NOR. Stop by and pick up a price list for all of your spring outdoor plans from boats and camping gear to party favorites like bounce houses. NOR's pricing can't be beat. NOR is open Monday, 8 a.m. - 1 p.m., Thursday and Friday 10 a.m. - 6 p.m. and Saturday 7 a.m. - 1 p.m.

Food and Beverage

Don't sit around in your room bored when you could be having fun with friends at the Beehive. Sit back and enjoy the flat screens, play a little pool, and just have fun! With an excellent beverage selection, you are sure to find your preference. Call for details 228-871-4009.

Too tired to go out for lunch? Well that's okay because The Grill can bring lunch to you. The Grill offers lunch delivery Monday - Friday, 11 a.m. - 1 p.m. Call 871-2494 to place your order.

Got a morning meeting scheduled? Why not meet over breakfast at The Grill. The Grill is open as early as 6:30 a.m. and offers a variety of tasty options 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



Three on Three Lunchtime Basketball:
 Signup now through April 1. Open to military personnel only. Five player maximum per team.
 POC meeting: April 3, 11:15 a.m.

Command Softball League:
 Signup now through April 8. Open to all eligible patrons. All teams must include at least 6 out 12 active duty military.
 POC meeting: April 10, 11:15 a.m.
 Call 228-822-5109 or email Samuel.Perkins2@navy.mil for more information.



All Intramural Sports are co-ed.

p.m. and designated for Chiefs and Officers. Stop by and shake off the day with comrades.

Youth Activities

Stay up all Saturday night with your friends at the Seabee Ball All Night Lock-In. Not only that, enjoy a hockey game, too. Doors are open from 5 p.m. Saturday to 7 a.m. Sunday morning. Cost is \$15 per person and seats are limited so sign up now.

Become an ALL-STAR! Sign up today for Iddy Bidy T-Ball - from now until March 29. Chil-

dren must be age three or older by April 1, to be eligible. The program is open to youth ages 3 - 4 years of age. A \$35 fee includes uniform, participation award and end of season banquet expenses. Call J.J. Atkinson, youth programs supervisor, 228-871-2251 for details.

If you haven't taken the opportunity to check out the YAC's Before and After School Program Power Hour, then you are missing out. Stop by Monday from 2 - 5:30 p.m. and check out the fun.

MWR Program contact information

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

PASS CHRISTIAN ELEMENTARY SCHOOL (Grades K-5), 270 West Second Street, Pass Christian is asking for five volunteers to help out with Field Day, March 22, 8 a.m. - 1 p.m. Volunteers will be asked to reorganize/refill stations between class visits. If you are interested in volunteering, please contact Stacy S. Necaize, School Counselor, 228-452-5200 or email snecaize@pc.k12.ms.us

ELTON JOHN CONCERT - The Seabee Ball Committee is looking for 40 volunteers to support the Elton John Concert March 30 at the Coast Coliseum. If you are interested, please contact Lt.j.g. Matt Catanese, at matthew.catanese@navy.mil or 228-822-5439

ART IN THE PASS - Approximately 25 volunteers are needed for Art in the Pass April 5 - 7 at the War Memorial Park. Art in the Pass

is a not-for-profit organization; made possible through the hard work and dedication of volunteers. Volunteers are asked to work two hour shifts. Work includes setting up booths, carrying sound equipment, setting up tables/chairs/displays, park maintenance, handing out program pamphlets, working with food vendors, and selling tickets for water and other beverages. Volunteers are needed April 5 from 11 am - 4:30 p.m., Saturday, 8 a.m. - 5 p.m. and Sunday, 8 a.m. - 5 p.m. Contact Ernestine Allison, 228-216-5741 for details.

2013 ZOMBIE RUN - Ten volunteers are needed for the 2013 Zombie Run April 6, 10 a.m. - 4 p.m. at the Harrison County Fairgrounds. All proceeds raised during the race will help cover the cost of surgery for 15 children in need of cleft lip and palate repairs. The

Zombie Run is new to the coast, but has been held in numerous cities throughout the United States. Although there is a lot of fun and play throughout the race/obstacle course, the benefits are life changing. If you are interested in volunteering, please contact kirsty_cullumber@navyfederal.org, or stop by the Orange Grove Navy Federal Credit Union branch located in the Crossroads Shopping Plaza to sign up.

GULFPORT CENTRAL MIDDLE SCHOOL - GCMS, 1310 42nd Ave, Gulfport is asking for 10 proctor/hall monitors April 10, from 7:30 - 11:30 a.m. If you can help, please contact Erwin Gilliam, Guidance Counselor, 228-870-1020.

SMOKIN' THE SOUND AND SMOKIN' THE LAKE - Smokin' the Sound and Smokin' the

Sound, April 26 - 28, and Smokin' the Lake, May 4 - 5, are returning 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.

ORANGE GROVE ELEMENTARY - Orange Grove Elementary, 11391 Old Highway 49, Gulfport is in need of six volunteers May 1, to serve as test proctors and 35 volunteers, May 14, 15 and 16 to serve as proctors. Volunteers are asked to report to the school by 7:30 a.m.

If you are interested, please contact Stephanie Schepens, 228-365-0204 for more information.

COAST SALVATION ARMY NEEDS VOLUNTEERS - Volunteers are need for various projects throughout the year. Contact Shawna Tatge for info, Shawna_Tatge@uss.salvationarmy.org

USO GULF COAST - Get involved with USO Gulf Coast. Thanks to dedicated volunteers, our USO Gulf Coast Centers operate to provide a place to unwind, to connect to families back home or whatever else is needed to ease the burden. Even if you are not able to volunteer on a regular basis, our local USO Gulf Coast Centers often have programs and events that need your support. Interested in becoming a USO volunteer? Simply visit usovolunteer.org to submit a volunteer interest form.

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.

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.



SUPPORT

Family Readiness Groups

NMBC 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.

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

NMBC 74 FRG All families of NMBC 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 "NMBC74 Fearless FRG" for more information.

NMBC 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

formation 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.

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 & solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Gulfport Officer's Spouse Club

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 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-of-america.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 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.

NMBC 62 Alumni Group

Naval Mobile Construction Battalion (NMBC) 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@cablone.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.

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.seabeesmuseumstore.org or call the gift shop at 228-871-4779 for information on all that is available.

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

From **VETERANS** page 6 us. From the Women of NMBC 11; 7 March 2013." Women's Wellness Council leader, Yeoman 1st Class Maria A. Manchion, originally from Parkersburg, W.V., organized the visit.

"Sitting in that room with all that history and experience was very emotional for all of us as women on active duty. It gave me new insight and appreciation of the things they experienced and what they went through as females in a male

dominated military."

It seems that the appreciation was mutual.

"The ladies at our table kept telling us we made them look good and to keep it up. We kept telling them we wouldn't be here without them," added Manchion.

The common sentiment expressed by Sailors immediately following the visit was that of a heightened sense of responsibility to continue the progress forged by the veterans in regard to women serving in the military.

Vietnam Veterans Remembrance Day Ride April 27

Registration /Ride begins at Biloxi VA cemetery

Registration: 9 - 10:45 a.m.
Kick stands up at 11 a.m.

Group ride to the Mississippi Vietnam Veterans Memorial in Ocean Springs

\$15 per bike/operator, \$5 per passenger
Vietnam Vets ride free!

Coffee, soda, donuts, juice, water, bagels, etc., for sale at registration



"In remembrance of those who served in Vietnam"

Hosted by Vietnam Vets Legacy Vets MC MS "C" Chapter

Contact Legacy Vet Shipwreck at 808-772-0894 with questions

... Follow Seabee Center on Facebook and Twitter ...