

# SEABEE COURIER

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May 30, 2013

## NMCB 133 Black Hell Squad competition



Steelworker Constructionman Kee Chang of Naval Mobile Construction Battalion (NMCB) 133 Charlie Company low crawls during a timed Marine Corps Combat Fitness Test. The test was one of several events held during the battalion's 2013 Black Hell Squad competition named for the 133rd Naval Construction Battalion (NCB) who took part the landing on Iwo Jima during World War II. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

See story on page 7

## Center prepares for hurricane season

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

NCBC Public Affairs  
Naval Construction Battalion Center (NCBC) Gulfport completed participation in the annual hurricane preparedness exercise HURREX/Citadel Gale 2013, May 23.

As part of the U.S. Fleet Forces Command/Commander, Navy Installations Command (CNIC) exercise, it tested the Seabee base's ability to track, prepare for and respond to hurricanes should they threaten the installation.

"In the Southeast Region, it's not

a matter of 'if' a hurricane will strike, it's a matter of 'when' and 'where.' Since last year's HURREX, we have had five named storms impact our region, so it is imperative that we train so we are ready when they strike," said Rear Adm.

John C. Scorby Jr., commander, Navy Region Southeast. "Each year, this exercise gives us an excellent opportunity to test our skills through authentic, challenging scenarios that go a long way to ensure we are ready in the event of an actual hurricane."

See **PREPARE** in Hurricane prep section pages 9, 10



## For a worthy cause



Cmdr. Gordie Meyer, executive officer, NCBC Gulfport, shines the boots of Boatswain's Mate 2nd Class Alex Black to raise money for the Navy-Marine Corps Relief Society (NMCRS) at the Building 1 Quarterdeck on board NCBC Gulfport, May 29. All money from the fundraiser will be donated to the NMCRS Active Duty Fund Drive through the Bee Wash, which will happen June 5, 10 a.m. - 1 p.m. on the parade field grinder. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



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May 30, 2013

Seabee Courier

2

# Legal: Protecting tenants at foreclosure

**By Lt. Matt Kozyra, JAGC**  
Legal Assistance Attorney  
Naval Station Mayport

It is an unfortunate fact of the modern housing world that homes across the country are going into foreclosure every day. Many of those homes are rental properties, and in many cases the tenant is the last one to know about it. If you rent your home and have come home to a "Notice of Sale" on your front door, or if you've started receiving court documents in the mail about your home going into foreclosure, this article is for you.

Luckily, there are steps you can take to make sure you're protected against your landlord's foreclosure, and resources available to assist you and your family.

How Can I Prevent This Situation?

There are simple steps you can take to make sure the home you're about to rent is not going into foreclosure. Having this information upfront is one of the things you'll want to consider, along with location, price, and whether there's plenty of running space for your pet hedgehog, when you determine which house to rent.

The first and easiest is to ask your landlord whether his home is in foreclosure. It's a simple step to take, but there is no guarantee that your landlord will be honest with you. Many homeowners will avoid giving out that information to their tenants for fear that they (a) won't sign a lease, or (b)

will stop paying rent on a lease they already have. Still, it doesn't cost anything to ask, and it's an easy early warning system for upcoming foreclosure issues.

If your landlord refuses to answer, or if you are still suspicious, you can always check your local newspapers. Foreclosure sales will be listed daily. The downside is that you have to check every listing regularly, and it will only list homes that are just about to be put up for sale. It still won't give you any notice that your landlord might be headed for trouble down the road.

The best way to find out if foreclosure proceedings have been filed against your landlord is to call your local Clerk of Court. Foreclosure proceedings are public record, and you will be able to get all the information you need from your local courthouse. Different states have different procedures for getting access to those files, so make sure you give the courthouse a call. Too Late – I've Already Gotten the Notice!

If you start getting notifications of a pending foreclosure in the mail or on your door, you will have to decide whether you want to terminate your lease early or stick around to the end. Many families want to avoid moving in the middle of a tour, but having a bank as a landlord can be a huge hassle. The bank probably won't care that your plumbing is broken or there are roaches in the home.

They may not fix the heating, and they probably won't return your calls about the water heater. Many families decide that it's better to just find a new place to live. Fortunately, the decision is yours to make. I've Decided I Want to Stay

Until recently, a foreclosure nearly always meant that the tenants were about to be evicted. That all changed in 2009, when Congress passed the Protecting Tenants at Foreclosure Act (PTFA). If you don't have a lease, the new homeowner is required to give you 90 days' notice before you have to move out. If you do have a lease, the PTFA requires the new homeowner to stick to the terms of that lease, unless the new owner wants to move into the home as their primary residence. Even then, though, the new owner is required to give you 90 days' notice before you are required to leave.

In order to get the benefit of the PTFA, you should file a Notice of Tenancy in the court that's hearing the foreclosure case. This lets the judge know that there is someone living in the property. If you are wondering whether to pay rent to the bank or to your old landlord, you can also file a Motion to Deposit Rent into the Court Registry, which will let you pay rent to the court, who will then figure out where it goes. For assistance in drafting either one of these documents, you should make an appointment with your local Legal Assistance office.

I've Decided I Want to Move

The Protecting Tenants at Foreclosure act does not automatically give you the right to terminate your lease if the property is foreclosed. The good news is that most banks don't want to act as landlords. Some will even offer "Cash for Keys" programs that will pay you money in exchange for you moving out. The best way to get out of your lease if the home is being foreclosed is to talk to your landlord and the bank.

If you do decide to move, the Navy is here to help. In 2008, the Department of the Navy began authorizing funded local moves for military members who are breaking their leases as a result of their landlord's foreclosure. You will need to bring a copy of the Notice of Foreclosure and a Notice of Lease Termination to either your command's Staff Judge Advocate (SJA) or your local Legal Assistance office. They will be able to help you get the authorization you need.

That's It!  
Being a tenant in a home that's being foreclosed can be a stressful and confusing situation. If you find yourself over your head, always feel free to make an appointment with your local Legal Assistance office. We're here to help!

*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.*

## The Sailor's Creed

I am a United States Sailor. I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me. I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world. I proudly serve my country's Navy combat team with Honor, Courage and Commitment. I am committed to excellence and the fair treatment of all.

## Sexual Assault Victim Advocate Training

Are you the person that wants to help someone in need? Have you ever known someone that has been the victim of trauma resulting from sexual assault and did not know how to help? Become a SAPR Victim Advocate and learn to help your fellow Seabee or Sailor that needs support in a time of need. To register for the class contact your Sexual Assault Response Coordinator Michael Jordy at 228-871-3715 or at Michael.jordy@navy.mil. The class will be held June 17 - 21, 8 a.m. - 4:30 p.m., in building 60, room 105.

# Buzz on the Street

By CECN(SCW) Lucinda Moise  
and UTCN Alicia Fluty  
"What did you learn while  
on NMCB 11's FTX?"



"I learned about all the planning and coordination that goes along with it."

UTCN(SCW) Kayla Holland  
NMCB 11

Hometown: Joplin, Miss.



"The value of good fighting positions, how to do my job in a contingency operation and how to serve with little sleep."

UTCN John Agnos  
NMCB 11

Hometown: Birmingham, Ala.



"Since this was my first Field Training Exercise, it was different. A lot of things that I learned on SCW's [qualifying]. Basically, I just put them together for the FTX."

CE2(SCW/SW) Jennifer Hall  
NMCB 11

Hometown: Greenville, S.C.

# Around Center



the

Lt. Michael Sapienza simulates administering basic combat first aid to Builder Constructionman Recruit Evelyn Christye during training at Expeditionary Combat Skills (ECS) School on board NCBC Gulfport, May 24. It is important for Sailors to know first aid and frontline trauma care on the battlefield in order to help themselves and/or others that may be injured. The chances of someone surviving an injury or recovering more easily can be greatly improved if they are immediately administered first aid. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Airman 1st Class Josh Sutton, student of Naval Construction Training Center (NCTC) Gulfport, cuts a piece of wood using a circular saw to build a wooden window frame at the Construction Frame Center on board NCBC Gulfport, May 23. Upon completion of NCTC, Sutton and classmates will be assigned to either the Prime Base Engineer Emergency Force (BEEF) or Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers (RED HORSE) units. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 train in the wear and maintenance of the M50 Chemical, Biological, and Radiological (CBR) mask on board NCBC Gulfport, May 28. The M50 mask provides 24 hours of continuous individual respiratory and ocular protection against CBR agents. It is a key component for surviving and sustaining operations in a contaminated environment. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)





Joan Hudson (far right), NCBC Gulfport MWR fitness director, leads a Couch to 5K (C25K) program exercise session at the Fitness Center running track on board NCBC Gulfport, May 22. NCBC's C25K, an 8-week, run-walk program will culminate in a 5-kilometer run July 12. Everyone with base access is invited and welcome to participate. Registration is at 6 a.m. at the track just outside the Fitness Center, and the run begins at 6:30 a.m. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

## Couch to 5K keeps NCBC moving

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

NCBC Public Affairs

On the heels of Naval Construction Battalion Center (NCBC) Gulfport Morale, Welfare and Recreation's (MWR) weight loss challenge victory against Keesler Air Force Base, civilians of the Seabee base are continuing their fitness regimen through MWR's newest challenge, the Couch to 5K (C25K) program.

Running enthusiast Josh Clark created the C25K program in 1996, which has since become quite popular. According to the C25K website, the program's secret is that it's a gentle introduction to getting the body moving, starting off alternating between walking and running small distances, and slowly building up until after eight weeks, you're ready to run five kilometers or 30 minutes non stop.

"It's a run-walk program, but it teaches you how to become stronger in your running, increases your muscle strength, but does it in a safe and gradual progression. We progress each session on how much we run and walk, and for how

long the session lasts for," said Tracey Ashall, MWR fitness assistant and National Academy of Sports Medicine certified personal trainer.

Ashall said the program not only gets people running in a safe manner, but also teaches the mechanics of running safely, wearing the proper attire in the warm Mississippi climate, hydration and nutrition.

"A lot of people don't naturally run, they start running, don't know guidelines of how to progress gradually and safely, so end up with injuries, give up and then say 'running's really not for me,'" said Ashall. "This run-walk program is safe, it's effective and it teaches you things like how to run correctly, eating correctly, gait analysis ... hydrating properly and gradually acclimating to running in this warmer weather."

Exercising with a group can create new friendships, strengthen bonds between coworkers or simply help a person have someone or something to be accountable to. Participants in NCBC's C25K

See **COUCH** page 5

## 'Dino' to be first MWD to be retired on board NCBC

By CECN(SCW) Lucinda L. Moise  
NCBC Public Affairs

After seven years of service, Military Working Dog (MWD) Dino, Tattoo #J331, is scheduled to retire this month on board Naval Construction Battalion Center (NCBC) Gulfport. Dino will become NCBC's first MWD retiree.

Dino was born in April 2004, and two years later he began training in explosive detection at Lackland Air Force Base, Texas. Once he was a certified Explosive Detector Dog (EDD), Dino was assigned to Naval Air Station (NAS) Pensacola for three years, then Naval Submarine Base (NSB) Kings Bay for two years. Once Dino left Kings Bay, he was sent to Naval Air Station New Orleans for a brief assignment of nine months before reporting to NCBC Gulfport in December, 2011 for his final assignment.

Military Working Dogs are usually retired for one of two reasons - due to age or for a medical condition. According to MWD Handler/Trainer Lt. Warren Roberts, Dino is retiring because of medical conditions not his age, because even at 9-years-old he is still young at heart.

Roberts believes Dino is an exceptional service dog. "I have been his handler since his arrival here at Gulfport in December 2011, and in my 19 years of handling MWD's in the Navy as a MAA active duty and as a civilian,



Lt. Warren Roberts, military working dog (MWD) handler/trainer assigned to NCBC Gulfport, Security Department, pauses for a photo with his MWD, Dino. After seven years on the job, Dino is scheduled to retire by the end of the month. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

he is the finest explosive detector dog I have seen," said Roberts.

After Dino is retired he will be adopted by ex-canine handler, Master-at-Arms 1st Class Melissa Renner, who is cur-

rently on terminal leave from NCBC.

Renner and Dino are expected to spend a nice retirement together on her three acre property in the country.

## NMCB 1 CPOA Car Wash

June 1, 10 a.m. - 3 p.m.  
Ashley Furniture parking lot  
(by Edgewater Mall)  
2650 Beach Blvd., Biloxi

Accepting donations for Chief Petty Officer Association Mess  
POC: BUC(SCW) Mary Montigny, NMCB 1



# FREEZE FRAME

## NCBC FRAMES

Master-at-Arms (AW) 2nd Class  
Quentin G. Eastridge  
NCBC Gulfport Security



By UTCN Alicia Fluty  
NCBC Public Affairs



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

**MA2:** When I took orders from NSA Bahrain to VFA-34 in Virginia Beach as the Command Master-At-Arms from 2006 - 2009. It was independent duty and for most of the time there I was away from anyone within my rate. It afforded me the chance to get my Aviation Warfare Wings and also opened my eyes to a whole new side of the Navy which I had not experienced much of. I also learned a good bit about the different aviation rates and

how they conduct business.

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

**MA2:** My family has been my biggest motivation. They have always been very understanding when I have deployed and have dealt with a lot while I have been deployed. The main thing that stands out was my first deployment and my wife and son and our newborn were living in New Orleans during Hurricane Katrina. She was able to get out before the storm and had to deal with

trying to salvage our belongings once things cleared up.

FF: What advice would you give to future Sailors?

**MA2:** Learn all aspects of your rate and try to get as many schools as you can, college included, to set yourself up for when you move on to your next career. Advancement for some rates is tough and you need to make sure you are as competitive as possible and know as much as you possibly can to help yourself get advanced.

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

**MA2:** Just like when I was stationed in VFA-34, it has opened my eyes to a whole other side of the Navy. I worked with the Seabees when they would come in to augment us as ASF and then working with them indirectly in many other situations. It just once again made me more rounded and taught me a little more about one of the many sides of the Navy.

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

**MA2:** I would have to say ADC Snow. He was at my

first command when I was an IT before I cross rated. He took me "under his wing" and helped me out when I was young, just learning the ropes of the Navy. We still stay in contact and he checks in on me when he can to see how my family and I are doing and how my career is progressing. He picked up Chief a few years ago and I was able to make it out to his pinning ceremony in Pensacola before he transferred to Virginia. He is a great guy that supports his Sailors and is the kind of leader that I strive to be.

## 18th Seabee Volkslauf

### Mud Run

Sept. 7

Register on line at

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

Sign up online for the 2013 Mud Run before Aug. 1 to receive a \$10 discount on your registration fee! Please sign up online now because there will be NO race day signups this year!



From **COUCH** page 4

program cited just those reasons for attending.

"When you work in a group like that [C25K] you have a commitment among the group, so you have that camaraderie and you have that accountability to each other," said Debbie Brockway, MWR director.

"Once you get out [of the Navy] you find out you miss it [physical training], because now you sit around doing nothing. You do it [exercise] when you've got a lot of people with you and it's a little bit better," added Roger Hudson, NCBC administration officer.

Ashall said she wanted to

begin a C25K program to share her love for running and keep the momentum of a lunchtime exercise program started with the Can-Do Weight Loss Challenge.

"I wanted to share my own passion, and wanted to help channel that into people that maybe don't see what running is all about. And, to hopefully help people to come to enjoy it or at least try it," said Ashall.

The C25K program will finish with a 5-kilometer run Friday, July 12. Everyone with base access is invited and welcome to participate. Registration is at 6 a.m. at the track just outside the Fitness Center, and the run begins at 6:30 a.m.

# Pass Christian Scouts get assist from NMCB 74

By E03(SCW) Laura C. Trommer

NMCB 74 Public Affairs

The Seabees of Naval Mobile Construction Battalion (NMCB) 74 Air Detachment Company recently finished putting up the last roof panel needed during the construction of a new 1,200 square foot hut for Boy Scout Troop 316 in Pass Christian.

The new facility will be a much needed upgrade to the Federal Emergency Management Agency (FEMA) trailer that Troop 316 have been using for their scout activities since their previous hut was destroyed in the wake of Hurricane Katrina in 2005.

Determined to get the Scouts a new home, Chris Audrey, a Snowbird member of the Pass Christian Rotary Club (PCRC) and native of Kennebunkport, Maine went on a mission to raise funds in support of the project. Spon-

sors since 1936, this is not the first time the PCRC has been there to support the Scouts.

Without the help of the Seabees though, the hut may have never been more than a dream for Troop 316.

"When they discovered that the [building] standards would be stricter, [they realized that] \$17,000 was not going to go very far," said architect Leah Watters of Watters Architecture, "but [the Seabees] have shaved a lot of the needed funds for labor."

Led by contractor Matt McBride of "More Than A Carpenter," the NMCB 74 FEARLESS Seabees provided assistance with the erection of the exterior prefabricated walls. "I appreciate everything the Seabees are doing," said McBride.

During the next stage of construction, the Seabees will



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 and members of the Gulf Coast community in Pass Christian, make progress in building a hut for Boy Scout Troop 316. The new 1,200 square foot building will replace a hut that was destroyed by hurricane Katrina in 2005. Since the hurricane, the Troop has been meeting in a FEMA trailer. (U.S. Navy photo/Released)

be in charge of framing and finishing interior walls, running rough electrical and plumbing, and installing light fixtures, outlets, sinks, and a toilet.

"We are looking forward to this opportunity to help out the Boy Scout Community," said project supervisor Builder 3rd Class Nathan Gilbert.

For information about helping out the Boy Scouts, please contact Ken Austin, 228-493-0052 or Trey Campbell, 228-342-0453 or [trey@cclynch.com](mailto:trey@cclynch.com).

**Seabee Memorial Chapel is accepting donations of nonperishable food, clothing of all sizes, cleaning supplies and diapers for Oklahoma Tornado Relief. Donors are asked to bring the items by the chapel by 4 p.m., May 31**

## 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 [christopher.aberle1@navy.mil](mailto:christopher.aberle1@navy.mil); SW1 Dohse at [ryan.dohse@navy.mil](mailto:ryan.dohse@navy.mil) or visit [www.facebook.com/seabee.diver](http://www.facebook.com/seabee.diver) for information.

## 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](http://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.



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](mailto:seabeecourier@navy.mil).



Above: Naval Mobile Construction Battalion (NMCB) 133 Command Master Chief David Garcia places the Black Hell Squad pennant to the Charlie Company guide-on during an awards at quarters ceremony. The pennant recognizes the accomplishment of Charlie Company's Second Platoon, who had the winning squad from the 2013 Black Hell Squad competition.

Left: Equipment Operator Constructionman Taylor Conner of Naval Mobile Construction Battalion (NMCB) 133, removes soil from his squad's pit during the 2013 Black Hell Squad defensive position event. The event had each squad completing a two-man fighting position and an automatic weapon T-shaped pit. (U.S. Navy photos by Mass Communication Specialist 1st Class Steven Myers/Released)

# NMCB 133 Runnin' 'Roos honor Iwo Jima Seabee memory during squad competition

By MC1 Steven Myers  
NMCB 133 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133 Charlie Company's Second Platoon received the pennant for winning the 2013 Black Hell Squad competition within the battalion, May 22.

Steelworker 1st Class Joshua Baker led his squad of 14 to a win in the competition, held May 13-16, that commemorates the proud heritage of

NMCB 133, named for 133rd NCB who participated in the landing on Iwo Jima and ensuing battle during World War II, while honing small unit leadership and increasing esprit de corps through events that showcase tactical Seabee skills.

"[The squad] did an excellent job," said Baker. "Because [the competition] was about leadership, I took a step back and allowed them to discover their leadership strengths and

weakness so they could come together as a team."

The competition events and scenarios designed to test the knowledge, team work, and leadership of the squad and were conducted in two phases. Phase one was a timed Marine Corps combat fitness test; a relay race with timed chemical, biological and radiological protective suit donning; defensive position construction; and a patrol brief.

Phase two kicked off the

classroom refresher training that included Black Hell Squad history, medical and first aid, operational risk management, safety, chemical, biological and radiological environments, convoy security operations, communications, defensive operations, fighting positions and patrol maneuvers.

Builder 3rd Class James Doherty said he thought the hardest event was the defensive position placement while the most fun was the combat

fitness test.

"I enjoyed the fitness test because it was the first real event we did together as a squad," said Doherty.

Builder 3rd Class Jacob Port differed in his opinion of the hardest event, the combat fitness test, but agreed that the squad really pulled together during the competition.

"We did it as a team," he said. "As the events went on, we came together more as a team."

*The PWD Gulfport Trouble Desk is now located at the Regional Call Center. The Call Center is operational 24 hours a day/ 7 days a week. Building Managers and Authorized Callers must place Routine Service Calls, but anyone may call in an Emergency. Regional Call Center: 1-855-462-8322*

WE BUILD ★ WE FIGHT

# SEABEE

Online  
United States Navy

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**NCBC Security Reminder . . .** To prevent both personal and governmental property theft, NCBC Security would like to remind you to remember to secure vehicles, personal compartments, work spaces, compounds, and buildings. Don't be a target!

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Military Spouse Contributor

## The Lame Duck in the Chicken Coop



We have lived on base three times in my 20 years as a military spouse, in conditions that might best be described as somewhat like a chicken coop.

It's not the appearance of the base that makes it like a coop. (Truth be told, the fences and sterile buildings make military bases more reminiscent of asylums.) Nobody throws feed corn at us. No one lays eggs as far as I know. But it is the pecking order that renders base living similar to an enormous cage full of clucking hens, strutting roosters and peeping chicks running wild.

Every time we move onto a base, I become cognizant of the unique social order. As a new arrival, I take some time to nest, but after my rooster flies the coop for work and the chicks go off to school, boredom and loneliness always

set in.

I wander the range in search of a flock to huddle with, but none can be found. Sure, there are hens everywhere -- and a few stay-at-home roosters, I wouldn't want to be sexist. But I soon realize that I am at the bottom of the pecking order and have to scratch and claw my way to roost with the others.

Careful not to count my chickens before they're hatched, I lay the foundation for my social acceptance into the flock. By the end of my first year, I become familiar with the gaggle, clucking away as we walk the chicks to school together, hatch plans for shopping trips, complain about our wattles and chicken fat, and cackle on our patios.

I'm securely perched at a comfortable elevation in the social pecking order, and life is good. As new chickens enter the coop, we chuckle from our high roost, fully aware of the work that they must do to find their places in our flock. Frankly, we get downright cocky.

Toward the end of every tour, my family learns that it must fly the coop and find a new flock. Thoughts of moving leave me a little wistful and reflective. I find

myself pondering weighty ideas such as, "Why did the chicken cross the road?" and "Who came first, the chicken or the egg?"

This melancholy state brings about a need for the comfort and companionship of the other hens in my coop, but alas! I discover that, as an outbound hen, I've been pushed back to the bottom of the pecking order! I have to scratch for social scraps! How did this happen? Did I do something fowl?

My pea-sized brain realizes that I've become a lame duck in the chicken coop. I'm no longer a contender in the social order because I'm about to leave. The other hens won't invest valuable time in further incubating our friendship.

It's not personal, there's no reason to get my feathers ruffled, the sky isn't falling. It's just the way things work.

As I prepare to take wing, I thank my fine friends for their companionship, offer each a peck on the cheek, bid them a final cock-a-doodle-doo, and fly, fly away.

*Get more wit and observations from Lisa at her blog, <http://themeatandpotatoes-oflife.com>.*

## Gulfport commissary to close Mondays and Tuesdays in July due to DoD furlough

By Kevin Robinson  
DeCA Public Affairs Specialist

When furloughs are implemented, most military commissaries will close one day a week on Mondays, said the director and CEO of the Defense Commissary Agency. The closures will be for up to 11 days between July 8 and Sept. 30.

Closing commissaries on Mondays would be in addition to any day stores are routinely closed. The 148 stores that routinely close on Mondays would also close the next normal day of operation, which for Gulfport will be Tuesdays. Other than the furlough day, there are no other changes planned for store operation hours.

The announcement comes as DeCA follows Department of Defense protocols related to the automatic federal government budget reductions, known as sequestration, which began March 1. Like most DOD activities, DeCA is mandated by the Department to furlough its civil service employees. Furlough notices are scheduled to be delivered to DeCA employees between May 28 and June 5.

DeCA has 247 commissaries with more than 16,000 employees operating in 13 countries and two U.S. territories. Furloughs will impact all of DeCA's more than 14,000 U.S. civilian employees.

"We know that any disruption in commissary operations will impact our patrons," said Joseph H. Jeu, DeCA's director and CEO. "Also, we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay.

"We determined that Monday closures would present the least pain for our patrons, employees and industry partners."

As sequestration continues,



commissary customers can quickly find out about any changes to their local store's operating schedule by going to [www.commissaries.com](http://www.commissaries.com), clicking on the "Locations" tab, then "Alphabetical Listing," finding their store and clicking on "local store information." Patrons are reminded that because sequestration is so fluid, DeCA's plan for this budget-cutting measure is subject to change.

DeCA decided on Monday closures after weighing the potential disruption to patrons and suppliers of having rolling furloughs, where closure dates would differ from store to store. Universal Monday closures are less disruptive to shoppers and the agency's industry partners -- vendors, suppliers and distributors -- who deliver products daily to DeCA's commissaries.

Store staffs overseas include a mix of U.S. and local national employees. Because they are not U.S. government employees, local national employees are not subject to this furlough actions. Select locations overseas will open if they have an adequate local national staff. However, if an overseas store is closed, its local national staff will report to work and perform other store-related duties.

In January, DOD released guidance to allow defense components to plan for potential budget cuts by reducing operating costs. In line with that direction, DeCA later executed the

See **COMMISSARY** page 13

**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](mailto:CNRSE_HOTLINE@navy.mil).



# Be Ready! Hurricane Season 2013



## CBC Shelter Information

### On Base shelter information:

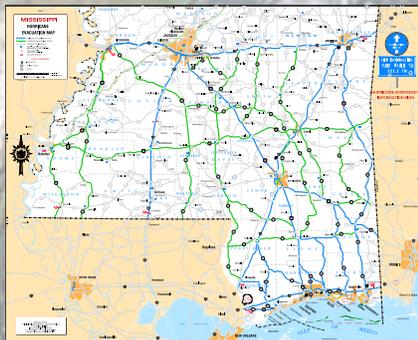
- ~ Warehouse 217 to house CBC Military, Family Members, Civilian and Contractor personnel employed on CBC
- ~ Shelters will open at TCC ONE
- ~ No pets (except service dogs) are allowed in shelter.
- ~ No alcohol or firearms are allowed.
- ~ Registration forms can be filled out in advance
- ~ ID cards are required for all individuals entering the shelter (except small children.)

### Important telephone numbers:

- ~ CBC Quarterdeck: 228-871-2555
- ~ Emergency Info: 228-871-4777
- ~ Gulfport Muster: 1-877-733-7303
- ~ CNRSE Muster: 1-866-203-6004
- ~ FFSC: 228-871-3000
- ~ Navy Help: 1-877-414-5358

### Useful websites:

- ~ [http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport/om/emergency\\_management.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/om/emergency_management.html)
- ~ <http://www.nhc.noaa.gov/prepare>
- ~ <http://www.emergency.cdc.gov/preparedness>
- ~ <http://Ready.gov>
- ~ <http://www.phe.gov/hurricanes>
- ~ <https://navyfamily.navy.mil>



Weather forecasters are predicting another busy Atlantic hurricane season

2013

list of hurricane names

Andrea	Humberto	Olga
Barry	Ingrid	Pablo
Chantal	Jerry	Rebekah
Dorian	Karen	Sebastien
Erin	Lorenzo	Tanya
Fernand	Melissa	Van
Gabrielle	Nestor	Wendy



Do you know what you and your family will do is

a hurricane is headed toward the Gulf Coast? Get immediate NCBC Gulfport Tropical Cyclone Condition Updates, Emergency Information and Evacuation instructions by following the Seabee Center on Facebook and Twitter. To join NCBC Facebook and Twitter, log on to <http://www.facebook.com> and "Like" Naval Construction Battalion Center. For more information about tropical storm and hurricane preparedness, visit [http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport/om/emergency\\_management.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/om/emergency_management.html)

## Special promotions at commissary help patrons save, prepare

By Jessica Rouse  
DeCA PA Specialist

It's disaster preparedness time, and shopping at the commissary is a great way for customers to get ready for what may come during the time of year severe weather is likely to strike. To help customers prepare for severe storms, tornados, hurricanes, flooding and the damage they and other natural disasters may cause, the Defense Commissary Agency and its industry partners are offering items needed for survival kits at lower prices, said Joyce Chandler, DeCA's acting director of sales.

"We want to make sure our customers have what they need to be prepared," Chandler said. "By shopping at the commissary our customers can get what they need and save money in the process."

Every year from April 1 through Oct. 31, items such as flashlights, an assortment of batteries, canned tuna, shelf-stable milk, first-aid kits,

bottled water, charcoal, canned soup and more are sold at reduced prices as part of DeCA's severe weather promotional package.

The promotion coincides with the U.S. hurricane and tornado seasons. The Atlantic hurricane season runs from June 1 to Nov. 30, and forecasters are predicting another busy season. They are expecting 18 tropical storms, nine of which will become named hurricanes.

In 2012, Super Storm Sandy, the second costliest hurricane in U.S. history, crashed into the Northeast causing damage upwards of \$75 billion across multiple states. Millions of people across New York, New Jersey and New England were without power, running water and heat for weeks. "Every family should have a disaster kit," Chandler said. "No matter what the forecasters are calling for it's important to be prepared for any emergency."

Be Ready Navy! I am. Are You?

Be Ready Navy! I am. Are You?

Be Ready Navy! I am. Are You?

During this year's HURREX scenario, the NCBC Installation Management Team (IMT) tracked two fictitious hurricanes, Kirk and Lay. Kirk crossed over Naval Station Guantanamo Bay and eventually made landfall as a category two hurricane near the Georgia-South Carolina border, and Lay made landfall as a category four hurricane near Naval Air Station Pensacola.

It is essential for both personnel and dependents to be aware of advisories and instructions as a storm approaches. NCBC personnel can also communicate through social media, such as Facebook and Twitter, so residents can look to these sources for the latest real-time information.

"People should be aware of what was going on during the exercise and the advisories put out, but HURREX not only exercises the command's ability to deal with a hurricane, it's also a good time for families to make preparations with their family plan. They should look at evacuation, look at what they are going to do with their pet, where they're going to go, look at all the facets of emergencies and create that plan, and go buy the essentials they need to make that plan work," said Lew Fountain, NCBC emergency manager.

Preparation is key as a storm approaches, while personnel accountability is key after the storm. Military members, civilians and dependents must all be accounted for, and that can be done online through the Navy Family Accountability and Assessment System (NFAAS) website, <https://navyfamily.navy.mil/cas/login>, which can be accessed by any computer and does not require a Common Access Card (CAC) reader, or by phone at: (877) 414-5358.

"Once the storm has come and gone, then it's okay - accountability. Where is everybody? Without accountability, we don't know what we are looking at, what people need," said Roger Hudson, NCBC administration officer.

The National Hurricane Center reports an average of more than 10 named storms in the Atlantic Ocean each year. Of those, nearly six develop into hurricanes and many of them threaten to make landfall somewhere in the Southeast Region.

For more information about tropical storm and hurricane preparedness, visit [http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport/om/emergency\\_management.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/om/emergency_management.html).

Editors note: *Source material by Mass Communication Specialist 1st Class (SW) Greg Johnson, Navy Region Southeast Public Affairs*



**Low Fountain, Naval Construction Battalion Center (NCBC) Gulfport emergency manager, conducts a working group discussion with the Center's Installation Management Team during HURREX/Citadel Gale 2013 at the Emergency Operations Center on board NCBC, May 17. The team met to solidify emergency measures required if the simulated hurricane were to intensify.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

# 10 costliest hurricanes in United States history

**Eight of the 10 costliest hurricanes occurred between 2004 and 2012. All these hurricanes directly impacted installations and communities within Navy Region Southeast's area of responsibility.**

**No. 1: Katrina . . . Dates: Aug. 25 - 30, 2005, Region impacted: Southeast, Insured losses: \$48.68 billion**

**No. 2: Andrew . . . Dates: Aug. 24-26, 1992, Region impacted: Southeast, Insured losses: \$25.56 billion**

**No. 3: Sandy . . . Dates: Oct. 22-29, 2012, Regions impacted: Southeast/Mid-Atlantic, Insured losses: \$18.75 billion**

**No. 4: Ike . . . Dates: Sept. 12-14, 2008, Region impacted: Southeast, Insured losses: \$13.43 billion**

**No. 5: Wilma . . . Date: Oct. 24, 2005, Region impacted: Southeast, Insured losses: \$11.07 billion**

**No. 6: Charley . . . Dates: Aug. 13-14, 2004, Region impacted: Southeast, Insured losses: \$9.15 billion**

**No. 7: Ivan . . . Dates: Sept. 15-21, 2004, Region impacted: Southeast/Mid-Atlantic, Insured losses: \$8.71 billion**

**No. 8: Hugo . . . Dates: Sept. 17-22, 1989, Regions impacted: Southeast/Mid-Atlantic, Insured losses: \$7.83 billion**

**No. 9: Rita . . . Dates: Sept. 20-26, 2005, Region impacted: Southeast, Insured losses: \$6.66 billion**

**No. 10: Frances . . . Dates: Sept. 3-9, 2004, Regions impacted: Southeast/Mid-Atlantic, Insured losses: \$5.63 billion**

**Source: MSN Money**

## Disaster Supply Kit

- ~ Water – at least one gallon daily, per person (three-day supply for evacuation, two-week supply for home)
- ~ Nonperishable foods – canned meats, fruits, vegetables, dried fruits, nuts, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)
- ~ Paper goods – writing paper, paper plates, paper towels and toilet paper
- ~ Cooking items – pots, pans, baking sheet, cooking

- utensils, charcoal, a grill and a manual can opener
- ~ First-aid kit – including bandages, medicines and prescription drugs
- ~ Cleaning materials – bleach, sanitizing spray, and hand, laundry soap
- ~ Specialty foods – diet foods and drinks
- ~ Toiletries – personal hygiene items and moisture wipes
- ~ Pet care items – food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags

- ~ Lighting accessories – flashlight, batteries, candles and matches
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ~ Duct tape, scissors
- Multipurpose tool
- ~ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies)
- ~ Cell phone with chargers
- ~ Family and emergency contact information

## Sheltering Pets

Pets are not allowed in NCBC shelters. The designated pet shelter for Harrison County is Harrison Central High School. The following conditions must be met:

- ~ Proof of pet vaccination prior to entry
- ~ Each pet must be kept in a transport cage
- ~ Owners must remain with pets





FREE Movies at the Training Hall

Enjoy a leisurely movie after the Memorial Week-

**Friday:** *Escape from Planet Earth*, PG, 6 p.m.;

**Saturday:** *Oz the Great and Powerful*, PG13, 11 a.m.;

*Admission*, PG13, 2 p.m.; *The Call*, R, 4:30 p.m.;

*The Marine: Homefront*, R, 6:45 p.m.

**Sunday:** *The Croods*, PG, 6 p.m.

end madness. 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!

## Work Out of the Day

WOD Challenge

### CBC Fitness Center

Saturday June 8<sup>th</sup> 10 a.m.

Sign-up May 27-June 7



**W.O.D.**  
3 rounds  
15 pull-ups  
15 kettle bell swings  
15 burpies  
15 dead lifts  
15 push-ups  
15 tire flips

A workout towel will be given to all Active Duty participants

For more information please contact Michael McLaughlin at 822-5108.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="text-align: center;">    <h1 style="color: orange;">JUNE 2013</h1> </div>						
<b>Highlights:</b> * Signups now open for Mud Run in September! Visit <a href="http://www.active.com/running/sports/mwr/seabee-mud-run-2013">www.active.com/running/sports/mwr/seabee-mud-run-2013</a> to register. * Dart Tournament @ The Beehive All Hands Club on June 26 <sup>th</sup> , \$15. Register by June 19 <sup>th</sup> at the Beehive, Bldg. 352 for your chance to win the pot! * Youth Summer Camp Mon-Fri 6am-5:30pm all month long.						
				<ul style="list-style-type: none"> <li>◆ Free Movie</li> <li>◆ Liberty Center</li> <li>◆ Child Development Center</li> <li>◆ Youth Activities Center</li> <li>◆ Fitness Center</li> <li>◆ The Beehive</li> </ul>		1 <ul style="list-style-type: none"> <li>◆ Oz the Great and Powerful; Admission, The Call, The Marine: Homefront</li> <li>◆ Mississippi Rollergirls Derby</li> <li>◆ Gulf Islands Water Park trip</li> </ul>
2	3	4	5	6	7	8
<ul style="list-style-type: none"> <li>◆ The Croods</li> </ul>	<ul style="list-style-type: none"> <li>◆ Strength/ Cardio, Yoga, Water Aerobics &amp; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>◆ Arcade Basketball Shootout</li> <li>◆ Torch Club &amp; Nearcoast Orientation Night</li> <li>◆ Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>◆ Water Play Begins (Weds and Fridays)</li> <li>◆ Salt Dough handprint Keepsakes &amp; Indoor Games</li> <li>◆ Strength/ Cardio, Yoga, Water Aerobics &amp; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>◆ Blood Drive</li> <li>◆ SMART Moves Activities &amp; Water Games</li> <li>◆ Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>◆ The Incredible Burt Wonderstone</li> <li>◆ Island Strik Bowling Trip</li> <li>◆ Pool PARTY @ Fitness Center With Hotdogs</li> </ul>	<ul style="list-style-type: none"> <li>◆ The Croods; Jack the Giant Slayer; The Call; Olympus Has Fallen</li> <li>◆ Mobile Bay Bears vs. TN Smokies</li> <li>◆ Bay Bears Baseball Game w/ Dinner</li> </ul>
9	10	11	12	13	14	15
<ul style="list-style-type: none"> <li>◆ Oz the Great and Powerful</li> <li>◆ Gulf Islands Waterpark Trip</li> </ul>	<ul style="list-style-type: none"> <li>◆ Strength/ Cardio, Yoga, Water Aerobics &amp; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>◆ Marshmallow Catapult &amp; Paper Airplane Design</li> <li>◆ Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>◆ Crossroads Mall Trip</li> <li>◆ Make Your Own Flag!</li> <li>◆ Strength/ Cardio, Yoga, Water Aerobics &amp; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>◆ 27th MS Coast Summer Fair</li> <li>◆ Father's Day Arts &amp; Crafts</li> <li>◆ Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>◆ Snitch</li> <li>◆ Long Beach Diner Dash</li> <li>◆ Father's Day Ice Cream Social</li> <li>◆ Movie Night on Big Screen</li> </ul>	<ul style="list-style-type: none"> <li>◆ Jack the Giant Slayer; Dark Skies; Dead Man Down; The Incredible Burt Wonderstone</li> <li>◆ Institute for Marine Mammal Studies</li> </ul>
16	17	18	19	20	21	22
<ul style="list-style-type: none"> <li>◆ Olympus Has Fallen</li> <li>◆ 27th MS Coast Summer Fair</li> </ul>	<ul style="list-style-type: none"> <li>◆ Summer Reading Program begins</li> <li>◆ Strength/ Cardio, Yoga, Water Aerobics &amp; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>◆ Ping Pong Tournament</li> <li>◆ Triple Play Club: Capture the Flag</li> <li>◆ Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>◆ Gulfport Dragway Trip</li> <li>◆ Weird Science Night: Homemade Hovercrafts</li> </ul>	<ul style="list-style-type: none"> <li>◆ Image Makers Photos &amp; Chalk Art</li> <li>◆ Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>◆ The Croods</li> <li>◆ Cinemark Theater Trip</li> <li>◆ Pool PARTY @ Fitness Center with Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>◆ Oz the Great and Powerful; The Croods; 21 and Over; Admission</li> <li>◆ 11th Annual Scram the Coast Car Show</li> <li>◆ Jones Park Splash Pad &amp; Harbor Picnic</li> </ul>
23	24	25	26	27	28	29
<ul style="list-style-type: none"> <li>◆ Jack the Giant Slayer</li> <li>◆ Skydiving</li> </ul>	<ul style="list-style-type: none"> <li>◆ Strength/ Cardio, Yoga, Water Aerobics &amp; Zumba</li> </ul>	<ul style="list-style-type: none"> <li>◆ Water Pifattas &amp; Outdoor Water Games</li> <li>◆ Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>◆ Pool Tournament</li> <li>◆ Jr. Olympics!</li> <li>◆ Strength/ Cardio, Yoga, Water Aerobics &amp; Zumba</li> <li>◆ Dart Tournament @ Beehive 7pm</li> </ul>	<ul style="list-style-type: none"> <li>◆ Bonus Buck Auction Night</li> <li>◆ Yoga &amp; Cycling</li> </ul>	<ul style="list-style-type: none"> <li>◆ Snitch</li> <li>◆ Lazer Craze Trip</li> <li>◆ Movie Night on The Big Screen</li> <li>◆ Dodgeball at 0730 at Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>◆ The Croods; Oz the Great and Powerful; Jack the Giant Slayer; Olympus Has Fallen</li> <li>◆ New Orleans Trip</li> <li>◆ Golden Gate Skateland Field Trip</li> </ul>
30						
<ul style="list-style-type: none"> <li>◆ The Incredible Burt Wonderstone</li> <li>◆ Ship Island Excursion</li> </ul>						

## For 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

**YOUTH XPRESS** - Youth Xpress track club is hosting the USATF Southern Association Championships track meet at West Harrison High School June 1, 8:30 a.m. - 3 p.m., and is asking for 30 volunteers to help make the event a success. This meet will have athletes from the ages of 5 to 95. The hosting team, Youth Xpress is a local track club that is promoting an exciting avenue of fun, friendship, and health. If you are interested, contact Keturah Maurice at 228-254-6239. For more info on Youth Xpress, visit [www.youthxpresstrack.org](http://www.youthxpresstrack.org)  
**2013 SPECIAL OLYMPICS** - NCBC

Gulfport will host the Area 3 2013 Special Olympics Saturday, June 8. Games will be held outside of the Fitness Center, near the softball fields, and will begin following a 9 a.m. opening ceremony. An awards ceremony will happen immediately after the games conclude. A minimum of 200 volunteers are needed to set up, register and accompany the athletes, cheer them on and tear down the site. Volunteer request forms will be available on each Command Quarterdeck and will be collected May 24. Uniform for military volunteers: Service PT gear; civilians: appropriate athletic attire. Please direct inquiries to MCC Ryan

Wilber, 228- 871-3663 or [ryan.wilber@navy.mil](mailto:ryan.wilber@navy.mil).  
**HABITAT FOR HUMANITY** - The Mississippi Gulf Coast Habitat for Humanity is asking for volunteers to work during a Veteran Resource Workshop June 18, 4 - 6:30 p.m. at the West Harrison Community Center on Espy Ave. in Long Beach. Volunteers will serve as greeters and register attendees. Point of contact is Kenya Miniard at [kminiard@hfh-mgc.org](mailto:kminiard@hfh-mgc.org) or call 228-678-9100, ext. 1009.  
**BILOXI VA** - The Biloxi Veterans Administration needs eight volunteers to escort residents with

wheelchairs to an event on the property July 9. Contact Susan Smith, FFSC Gulfport, 228-871-3640 or [susan.smith2@navy.mil](mailto:susan.smith2@navy.mil) to volunteer.  
**USO GULF COAST** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to cre-

ate a volunteer profile through [www.usovolunteer.org](http://www.usovolunteer.org). This website allows you to keep track of your hours and if you move to another location your hours will transfer with you to any USO in the world. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org). We look forward to having you on our volunteer team!  
**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Contact Shawna\_Tatge@uss.salvationarmy.org if you have a bit of spare time to help out.

## Seabee Memorial Chapel



**NCBC Center Chaplains:**  
**Lt. Cmdr. Paul Smith, Chaplain**  
**Lt. Yoon Choi, Chaplain**  
**For more information about Chapel programs,**  
**please call the Chapel at 228-871-2454.**

### Religious Services

**Sunday:**

**Gospel: 8 a.m., Catholic Mass: 9:30 a.m., Protestant: 10:30 a.m.**  
**Weekday Mass: Tuesdays at 11:15 a.m.**

## Chapel Offerings

### Looking for a church?

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

### Seabee Pantry

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

### Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to share your gift. For more information, please contact the Chapel at 228-871-2454.

**Magnolia I Housing**  
**Move-in Special**  
**2BR \$900**  
**Active, Retired, Dod Civ.**  
**Call Balfour Beatty**  
**228-863-0424**

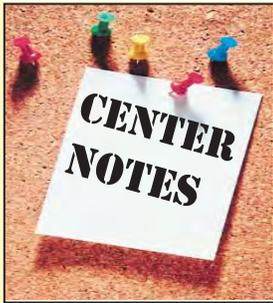


## GULF COAST USO

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

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

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



## SUPPORT

### Family Readiness Groups

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

**NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit [www.facebook.com/nmcb11frg](http://www.facebook.com/nmcb11frg) or email us at [nmcb11frg@gmail.com](mailto:nmcb11frg@gmail.com).

**NMCB 74 FRG** All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email [nmcb74fsg@yahoo.com](mailto:nmcb74fsg@yahoo.com) or visit our Facebook page at

"NMCB74 Fearless FRG" for details. **NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or email [NMCB133fsg@gmail.com](mailto:NMCB133fsg@gmail.com). Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

## FOCUS

Families OverComing Under Stress (FOCUS), provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate & 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](mailto: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](mailto:goscgulfport@yahoo.com). We hope to see YOU soon!

### Navy Wives Clubs of America, Inc.

The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare

of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsofamerica.org](http://www.navywivesclubsofamerica.org) for more information on NWCA.

### NMCRS

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

### Gamblers Anonymous

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

## 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](mailto:coachcb@yahoo.com) for more information.

## SOCIAL

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

### NCBC Multi-Cultural Diversity Committee

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

### VFW Post 3937 Long Beach

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

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

### NMCB 62 Alumni Group

Naval Mobile Construction Battalion

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

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

### Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport

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

## HERITAGE

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

# Seabee Soap Box Derby



**OKINAWA, Japan - The race team from the Headquarters Company of Naval Mobile Construction Battalion (NMCB) 5 cruises down a hill in a hand crafted banana box car on Camp Shields during a modified soap box derby. The event was part of the deployment training for NMCB-5. NMCB-5 is supporting Navy and joint forces throughout the U.S. Pacific Command. (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)**

**Civilian employees facing Furlough** are invited to an encore of Fleet and Family Support Center's, "Adjusting to the Economy and a Furlough" class, with two opportunities to attend: June 6, 11 a.m. - noon or June 17, 11 a.m. - noon. Please call FFSC at 228-871-3000 to reserve your space.

From **COMMISSARY** page 8

following budget-cutting measures:

~ A hiring freeze on all outside hires

~ Curtailment of official travel for all conferences, training and any other events and activities considered noncritical to the agency's mission

~ Cancellation of the agency's May Worldwide Case Lot Sales for all commissaries. Instead, stores are conducting smaller-scale events such as outdoor sidewalk sales

~ Curtailment of all overtime

and compensatory time unless deemed mission-critical

~ Review of contract services to restrict any increases

~ Curtailment of all monetary awards unless legally required

~ Postponement of all Guard and Reserve on-site sales scheduled after July 8 until further notice.

"We are in this together," Jeun said, "and though limited in our ability by circumstances we cannot control, I assure you we will do all we can to mitigate the impact of sequestration on our patrons, employees and industry partners, and on our mission."