

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 56 No. 21

Naval Construction Battalion Center, Gulfport, Mississippi

May 26, 2016

MEMORIAL DAY



MEMORIAL DAY EVENTS

Ceremonies

The Veterans of Foreign Wars (VFW) Post 2539, along with the City of Gulfport, will conduct a Memorial Day Ceremony to honor all of our Nation's deceased Military Veterans at 7:30 a.m., May 30 at Barksdale Pavilion, located in Jones Park adjacent to Highway 90 in Gulfport.

There will be a Memorial Day ceremony at the Biloxi National Cemetery May 30 at 9 a.m.

Flag placement

Biloxi National Cemetery Memorial Committee is asking for volunteers to place flags at veteran's graves. If you would like to volunteer, please be at Biloxi National Cemetery grounds May 28 at 8 a.m. Flag pick up will be May 31 at 7 a.m. All help is appreciated.

Concert

The Gulf Coast Symphony will salute the military with its annual patriotic concert Sounds by the Sea this weekend. Saturday, the concert is at Jones Park, Highway 49 and Highway 90 in Gulfport. Sunday, the symphony moves to Beach Park in Pascagoula. Lawn seating begins at 6 p.m., pre-concert music at 7 p.m.; Symphony concert at 7:30 p.m. Fireworks follow both concerts. FREE!

All gave some, some gave all

NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Vacant

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code NOOP, Gulfport, MS 39501. Phone, 228-871-3662, email: seabeescourier@navy.mil.



Members of 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard) Caisson Platoon carry out a memorial mission with two wagons for a husband and wife who passed away within months of one another. This is a rare circumstance in which the wagons are carrying out a mission to the same site. (U.S. Army Photo by Spc. Brandon Dyer)

By Rob Mims
NCBC Public Affairs Officer

The muffled drum's sad roll has beat the soldier's last tattoo; no more on life's parade shall meet that brave and fallen few. On fame's eternal camping-ground their silent tents are spread, and glory guards, with solemn round, the bivouac of the dead.-- Bivouac Of The Dead, by Theodore O'Hara

As our tears run silently down our cheeks, know that their pains are gone and their hurts are forever healed. Our friends, our loved ones, our shipmates, our wingmen, our battle buddies may be gone, but they are no longer in pain and surely are not forgotten.

We know, without exception, these men and women who gave the ultimate sacrifice did so way too soon in their lives.

They had so much more to give; so many stories to tell, listening to do, hugs and kisses to give and monsters to scare from under the bed. They meant so much to us; however, they did so much for everyone who enjoys the blanket of freedom.

Unfortunately, freedom comes with a price. For many of us who serve or have served, it is months away from friends and family, missed birthdays and anniversaries, Thanksgiving, Christmas, Valentine's Day and gradu-

ations. To those left at home, it's single parenting, no one to lean on when the world is falling apart, tear soaked pillows, and loneliness in a crowded room. For so many others, simply, the cost of freedom was their life.

Every year near the end of May, people come together to remember those who paid that price for the rest of us. This has been done since May 30, 1868 when the United States began paying tribute to those who paid that ultimate price. Back then, it was to place flowers on the graves of Union and Confederate Soldiers in Arlington Cemetery.

Today, many have lost sight of what Memorial Day is really about. For many, it's a great four day weekend filled with road trips, river rafting, barbecue and beer. Others dedicate it to housework and catching up on chores. Quite honestly, while there isn't anything wrong with those things, it is good to take a moment to remember the people who made it possible.

There are several events happening in the community May 30 to pay respect to our fallen comrades. If for some reason you and your family can't attend, please pause during the National Moment of Remembrance which encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a moment of silence to remember and honor those who have died in service to the nation.

Back in Time: Seabee History



May 27, 1974: On Memorial Day 1974, the Seabee Memorial Monument was dedicated. The monument is located on Memorial Drive leading to Arlington National Cemetery. It depicts the Seabee as builder, fighter and ambassador of good will. The larger-than-life-size figure of a Seabee on the monument stands in front of a semicircular bronze bas-relief on which is portrayed a panorama of Seabees in their various construction trades.

May 26

1965: The first section NMCB 3 main body arrived in RVN aboard the USS Port Defiance from Guam.

1965: NMCB 3 landed at Da Nang, RVN, to commence construction of the large military complex at Da Nang and Da Nang East. In the next four months, NMCBs 5, 8 and 9 joined NMCB 3 in the construction of cantonments, roads, piers, and storage buildings and yards.

1967: Seabee Team 0309 departed CONUS for duty in Vietnam.

May 27

1968: NMCB 5's Advance Party, comprised of one officer in charge and 16 enlisted personnel departed Camp Barnes to Da Nang, RVN and returned to CBC, Port Hueneme, Calif., with NMCB 9's main flights on 30 May 1968.

May 28

1963: The first Seabee Team to Thailand, 0902, deployed to commence the joint Seabee AID civic action program. Between May 1963 and December 1965, 10 Seabee Teams trained students and built roads, dams and other community projects in seven provinces in northern and northeastern Thailand.

1967: Capt. A.R. Marschall, CEC, commander of the 30th NCR, presented the Peltier Award for 1966 to the commanding officer of NMCB 1.

Dear Military Child: Because of the Military

By **Deja Fisher**
Special Contributor



At first I hated the military. I hated finding out I was moving, I hated saying farewell to my loved ones, I hated having to restart my life and I hated everything else that I blamed the military for. However, I only hated it because I was too young to understand the positive influence it would have on me.

Now that I am older and can reflect on my experiences with more understanding, I can honestly say that I appreciate the military much more.

Because of the military, I am well-traveled. I have picked blackberries in Mississippi. I have walked the beaches in Virginia. I have seen the beautiful waterfalls and geysers that characterize Iceland. I have snowboarded at the foot of Mt. Fuji and I have explored a Hawaiian island.

Because of the military, I am cross-culturally aware. I respect that the countries I lived in have a way of living which differs from that in my home country, the United States. I respect that weapons are not allowed in Iceland. I respect that, in Japan, there are eating etiquettes one should follow in order to avoid being offensive. I respect that my culture is not prac-

ticized everywhere and I understand that it is okay for cultural differences to exist.

Because of the military, I am able to receive a higher education. I was lacking when it came to extracurricular activities to list on my college application. What I lacked in extracurricular activities I made up for

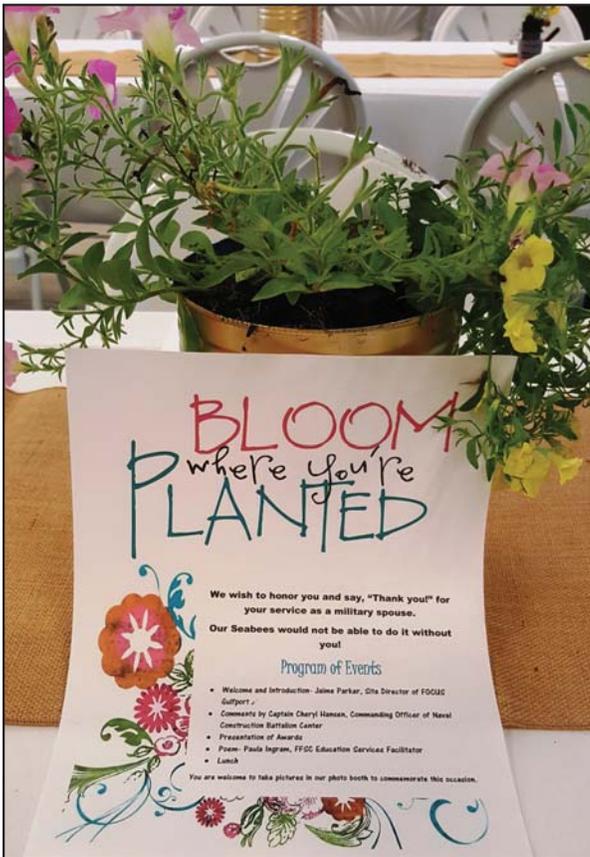
in world travels. My world travels made me a global citizen and gave me the boost I needed to make my application standout. Not only did my military lifestyle get me into college, but it also helped my mom pay my tuition and fees. I am able to attend classes without worrying about incurring student debts and when I graduate I will not have to worry about owing anyone money.

Because of the military, I was given this platform in order to share my story. I was allowed to use my experiences as a looking glass into the life of a military child. This platform gave me the opportunity to express to fellow military children that it gets better. This platform also let me show enlisted parents that we may not understand it at first, we may even give them a hard time, but eventually we realize the good it does.

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

**Report suspected child abuse to Fleet and Family Support Center
at: 228-871-3000, the Mississippi Department of Human Services: 1-800-222-8000 or 601-432-4570, or dial 911**

'BEE INFORMED
DOWNLOAD **SEABEE MOBILE 3.0**



FOCUS, NCG2, FFSC hosts Military Spouse Appreciation Lunch

"Bloom where you're planted" was the theme for the 2016 Military Spouse Appreciation Lunch held at the Seabee Memorial Chapel on board Naval Construction Battalion Center (NCBC), Gulfport, May 25. Several spouses were recognized for their dedication, sacrifice and commitment to their service member. Capt. Cheryl Hansen, NCBC commanding officer, handed out certificates of appreciation to all the spouses in attendance. Families OverComing Under Stress, Fleet and Family Support Center and Naval Construction Group 2 partnered to provide this event for NCBC. (Photos courtesy of FOCUS)



"Serving alongside our Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen, our Nation's military families give of themselves and give up their time with their loved ones so we may live safely and freely."

Focus on Education



WHAT'S HAPPENING!

A PROGRAM OF
PAVE
FOLLOW US:
 

STOMP Workshop

WHEN: June 8 & June 9, 2016
8:30 am – 3:30 pm

WHERE: Anchors and Eagles
Bldg. 303, John Paul Jones
Gulfport, MS 39501

Please bring your child(ren) if you are not able to obtain childcare for all or part of each day you are able to attend.

Interactive Breakouts to learn:

- ⇨ What your child's IFSP/IEP can do for them when goals are written "SMART"
- ⇨ 504 accommodations and modifications

Network with peers and professionals to gain knowledge about your local community and available resources.

Please register online for the STOMP workshop at:

<https://stomp-gulfport.eventbrite.com>

For information on the STOMP Workshop please contact:

Kevin Byrd, School Liaison Officer

(228) 871-2117

✉ kevin.r.byrd@navy.mil

Workshop Layout Day 1 - What You Need to Know!

- Your right as a parent of a child with a disability
- What to have when PCS/ETS occurs.
- Communicating effectively to attain collaborative relationships for your child.
- Your Child's IFSP, IEP, or 504 (Please bring a copy if you would like to learn how they will be best supported)



Workshop Layout Day 2 - TRICARE, SSI, and Medicaid for the Military Family.

- TRICARE/ECHO/ABA
- The steps taken to apply for SSI and Medicaid

Wills, Guardianships, and Special Needs Trusts

- Planning for the future of your child without you

ABOUT PAVE

Our **MISSION** is to provide support, advocacy, training and informational resources to empower families and individuals with disabilities. To learn more visit us online at wape.org.



Kindergarten Camp

Calling All New Bearcats!

Children entering Kindergarten at Quarles Elementary for the 2016-2017 school year and have completely registered can attend. (All required paperwork must be completed.)

When?

- *The camp will be July 18-22.
- *8:00 a.m. to noon.
- *Children will be fed lunch in the cafeteria at 11:30 each day, so please pick your child up promptly at noon.
- There will be a mid-morning snack.

Why Kindergarten Camp?

Your child will get a chance to work the "big school jitters" out before the school year begins. Children will be able to:

- *Get to know the teacher and classmates for the school year.
- *Explore the important places in the school.
- *Learn classroom expectations, school rules, and daily routines.

What to Bring?

- *Camp supplies are provided.
- *Please send your child's supplies for the year at the end of camp.



Dr. Jan Hansen, Principal
228-864-3946

CPR/AED Classes

NCBC Fire and Emergency Services is offering Cardio-pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) classes to organizations on board the Center. For more information, call 228-871-2414.

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

Zika Virus Information Update

The links below will lead you to updated Navy Zika information sheet and trifold for Sailors, Marines and their families.

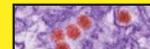
Info sheet:

<http://www.med.navy.mil/sites/nmcphc/Documents/program-and-policy-support/Navy-Zika-InfoSheet.pdf>

Trifold:

<http://www.med.navy.mil/sites/nmcphc/Documents/program-and-policy-support/Navy-Zika-Trifold.pdf>

Point of contact for Zika Virus information at Naval Branch Health Clinic (NBHC) Gulfport is HN Brian Masse, who may be contacted via email at: brian.d.masse.mil@mail.mil.



'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Dresser's Last Stand

"Mom, can someone finally do something about my dresser?" my daughter Lilly demanded this week.

"Oh, is it broken again?" I feigned ignorance.

"Yeah, the thing is like, totally falling apart this time," she told me, but I already knew.

Two pulls were missing from the drawers. The mirror was perched precariously on its supporting wooden arms, one of which was wobbly. The drawers no longer slid easily on their brittle rails. With warped wood and ancient glue, the entire piece was coming apart at every joint and dovetail.

"Nothing a dab of Elmer's won't fix!"

Poor Lilly rolled her eyes. She knew it was no use. Not only is everything in our house showing its age, half of what we own was already old when we bought it. The treasures I lovingly refer to as "antique," "vintage," "retro," or "shabby chic," my family calls "a bunch of broken down used junk."

Semantics!

I bought Lilly's dresser for a cool \$150 at an antique mall in

Virginia back in 2005. It was tall, with a beveled mirror mounted on two curved arms, and a working skeleton keyhole on each of its six drawers. Its lovely bird's eye maple veneer was a cheerful shade of yellow-gold.

"It's used, Mom," Lilly said quite accurately, begging for the new pink and purple particle board set imported from China that she saw at Walmart.

Much to my kids' dismay, our entire house is filled with "used" furniture - hand-me-downs from family, discards from military friends who moved away, garage sale finds, and some legitimate antiques. The girls tell me they feel like they're living in the midst of a flea market, and our son calls our house "The Rest Home."

But what the kids don't understand is that we furnished our home with affordable things out of the necessity of a tight military budget.



When my husband and I married back in 1993, he contributed a couch, a desk, and a bed to our new apartment, all of which we still use to this day. I contributed a bookcase that is currently in my daughter's room, an old Singer Sew-

ing table that is in our hallway, and the red-painted sideboard that sits in our mudroom. When Aunt Millie died, we got her dining room buffet, my husband's dresser, and some end tables complete with Millie's cigarette burns. And we filled in the gaps with items we found along the way.

Believe it or not, it isn't all junk - while stationed in Europe, we bought a Victorian marble-topped wash stand, an English pine armoire, a 100-year old French bed frame, and a sturdy Belgian mid-century farmhouse kitchen table and chairs.

Sure, I'll confess that I shamelessly salvaged a couple of items

from other people's trash. I once scrambled into a dumpster to save two sturdy solid oak English chairs that sit at our kitchen table today. And I just barely squeezed a channel-back armchair into our minivan after seeing it sitting on the side of a lonely Pennsylvania country road cradling a sign upon which was written the irresistible word, "Free." It only took a year of fumigating in the garage before I put it in our living room, and that musty smell is almost all gone.

As for Lilly's dresser, with some fresh glue and a few strategically placed clamps, I'll get a couple more years out of it. Besides, it doesn't really matter whether I pay top dollar at Pottery Barn or pocket change at Pete's Salvage Emporium, as long as the love in our home is given freely.

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

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of March 11, 2016.

Biloxi: Club Veaux, 834 Howard Avenue; YaYa's, 2751 Pass Road.

Gulfport: Blue Envy Night Club, 2909 26th Avenue; Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue.

Ocean Springs: Foster's Martial Arts, 2550 Bienville Boulevard.

Exception: Armed Forces personnel and their families who are currently

under contract may complete the duration of that initial contract, as this order does not legally relieve members of their contractual duties to that contract.

Members are prohibited, however, from entering into new contracts after the date of this order.

Service members are ordered not to enter or patronize these off-limit establishments or their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

This letter supersedes the previous Off-Limits List of April 21, 2015.



Fraud, Waste and Abuse Hotline:

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

Register to Vote!

- To register to vote, visit FVAP.gov now to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world.
- Visit fvap.gov for voting information. The Voting Officer for NCBC Gulfport is Lt. Brian Mack, 228-871-4274.

MAY 27-JUNE 2



STAY ~ PLAY ~ RELAX

2 Days & 3 Nights at Shields RV Park
West Perimeter Rd!

ONLY \$62.50 June 3-5 & 17-19
(\$17.50 deposit)

Includes:

- A-Liner (Set-up on-site)
- Sleeping Bags & Fishing Poles

Limited supplies!



Questions? Call Community Recreation Outdoor Rental at 228-871-4684

LUNCH TIME LEARNING

JUNE 3rd & 17th 12pm

Navy MWR

FREE FOOD! AT ITT

DIGITAL library

What is it? How do I use it?
OPEN TO ALL HANDS

LIBERTY
NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

- 5/27 - 5/30 - Memorial Day Weekend Atlanta Trip
- 5/31 - 11 a.m., Tournament Tuesday: Ping Pong Lunch Madness, 1st Place Prize
- 6/1 - All Day, Father's Day Cards- See staff for a card to mail to pops!
- 6/2 - 11 a.m. & 6 p.m., TBT 80's Photo Booth, Free Call 228-871-4684 for more information

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

SEABEE CINEMA
GIVEAWAY
ENTER FOR THE CHANCE
TO WIN!
JUST TAKE OUR SURVEY!

-ONLY ELIGIBLE MWR PATRONS CAN WIN



Regular movie showings Friday Sunday of every week!
Showing this weekend: **The Jungle Book (PG);**
The Huntsman: Winter's War (PG-13);
Criminal (R); Keanu (R); Mother's Day (PG-13)
For more information, call the Movie Hotline at
228-871-3299
Pick up our NEW MOVIE SCHEDULE TODAY!



NBA Finals:

Come Watch at The Hive

Sponsored by

FREE WINGS!



June 2
6p- Close

Questions? Call 228-871-4009 or email michael.sweetapple@navy.mil

MWR Program Telephone Numbers

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

NCBC Helping Hands

FLAG PLACEMENT AT BILOXI NATIONAL CEMETERY - Biloxi National Cemetery Memorial Committee is asking for volunteers to place flags at veteran's graves, May 28. If you would like to volunteer, please be at Biloxi National cemetery grounds May 28 at 8 a.m. A Memorial Day ceremony will be held at Biloxi National Cemetery May 30 at 9 a.m.

BOYS AND GIRLS CLUB OF PASS CHRISTIAN - Volunteers are needed to put together picnic tables at the Pass Christian Boys and Girls Club. To volunteer, please contact Leah Ladner, 228-863-0424 or lladner@bbcgt.com.

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

MISSISSIPPI CITY CEMETERY - Volunteers are needed to rake/spruce up the Mississippi City Cemetery located south of Pass Road and Washington Ave in Gulfport. Point of contact is Chuck McKinley, 228-326-4006 or email cmckinley@cablone.net.

HOME REPAIRS - Volunteers are needed to help a disabled widow of a retired Seabee with some home repairs. If you would like to help out, please contact Ms. Savage at 228-206-3367.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USO GULF COAST - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host insuring guests sign in, offer snacks and beverages, sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training which usually lasts 2 hours. Please visit: www.USOVolunteer.org and register.

ARMED FORCES RETIREMENT HOME - Volunteers are needed to assist with a variety of activities at AFRH. Please contact volunteer coordinator Jennifer Briley at 228-897-4417 or jennifer.briley@afrh.gov to find out more information.

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

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

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

May 26, 2016

Energy Savings Tip:

~ If you turn your ceiling fan on when using the air conditioner, you can raise your thermostat about 4°F to save on cooling costs with no reduction in comfort.

~ Make sure your air conditioner's fresh air vent is closed so you're not spending extra money cooling outside air.

~ Turn bathroom and kitchen ventilation fans off about 10 minutes after their job is done to keep them from pushing cooled air out of your house.



**NCBC Gulfport
Commissary**

**Case Lot Sale!
May 27-28!**

GULF COAST USO



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



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

Free services: Through Reading program,
FAX, Send and Receive: Computers with web cams,
228-575-5225, Copies, United Internet/email access, X-Box

Seabee Memorial Chapel

What's happening at the chapel?

Sunday

9:15 a.m. - Sunday School
10:30 a.m. - Protestant Service
11 a.m. - Children's Church

Wednesday

11:30 a.m. - Praise Break (20 minutes of praise and worship through music)
11:30 a.m. - Men's Bible Study
Noon - 1 p.m. - Protestant Women of the Chapel Bible Study



Sunday

9 a.m. - Mass
10 a.m. - CCD Class

Monday, Tuesday & Friday

11:15 a.m. - Mass

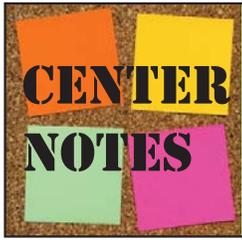
Thursday

5 p.m. - Holy Hour
6 p.m. - Mass
6:30 p.m. - Fellowship

Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events at: <https://www.facebook.com/ncbcchapel>. We may be reached by email at gulfportchapel.fct@navy.mil or by phone at 228-871-2454.

NCBC Command Chaplain: Lt. Cmdr. Ammie Davis

Seabee Courier



SUPPORT
NMCB 1 Family Readiness Group (FRG) invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby

sitting is provided during deployment.

NMCB 11 FRG invites friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

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

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

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

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

the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclub-sof-america.org for more information on NWCA.

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

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

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

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

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at natashia.handley@navy.mil or Vice President, BUCN Miller at tariqah.miller@navy.mil for info.

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday

of the month at 7 p.m. New members are always welcome. Contact Post 3937 at 228-863-8602 for details.

Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Fetters, President at 228-832-4893 or email cfetters@cablone.net for more information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for information.

NMCB 62 Alumni Group

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

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

Navy Seabee Veterans of America (NSVA)

Island X-1 - Gulfport is always happy to welcome new members. You do not have to be retired to be a member. If interested, please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, visit www.nsva.org.

HERITAGE

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

Moving? Mailing packages? Need a box? Visit the Recycling Center, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!

Father's Day "Shout-Out" for ALL Sailors

For the upcoming Father's Day holiday, the Navy Office of Community is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a key Navy message for ALL Sailors to their fathers. Deadline: Wednesday June 14, 8 a.m. EST

Instructions:

- Call 1-855-OUR-NAVY (1-855-687-6289)
- Wait for a 3-5 second pause after voice directions and record message, using the template script below, after beep.
- Once you hang-up, the audio file will automatically be sent to NAVCO's email where it will be screened before being shared with radio media outlets in the Sailor's hometown.
- Speak AUDIBLY and CLEARLY. If we cannot understand your name, hometown or command, your shout-out will be unusable. Script:

HI, I'M NAVY (RANK) (FULL NAME) FROM (HOMETOWN), (HOMESTATE) AND CURRENT-

LY SERVING AT (COMMAND) OR ABOARD (SHIP).

WE ARE OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (AREA OF RESPONSIBILITY) AND READY TO DEFEND AMERICA AT ALL TIMES.

I WANT TO WISH MY FATHER, (FATHER'S NAME), HAPPY FATHER'S DAY!
 I LOVE YOU! GO NAVY!

Example:

HI, I'M NAVY PETTY OFFICER AMY SMITH FROM SEATTLE, WASHINGTON, CURRENTLY SERVING ABOARD THE AIRCRAFT CARRIER USS RONALD REAGAN DEPLOYED TO THE WESTERN PACIFIC.

WE ARE OPERATING FORWARD IN THE 7th FLEET AREA OF RESPONSIBILITY AND READY TO DEFEND AMERICA AT ALL TIMES.

I WANT TO WISH MY FATHER, JOHN SMITH, HAPPY FATHER'S DAY! I LOVE YOU! GO NAVY!

USO GULF COAST STARS AND STRIPES GOLF TOURNAMENT

June 11, 8 a.m., Hickory Hill Country Club (Gautier)

4 person Scramble, \$300 per



4-person team (includes breakfast, greens and cart fee, range balls and lunch!

All proceeds to benefit the USO Gulf Coast To register, please contact Bobby Lamb (robert.lamb@hii-ingalls.com) at 228-935-1277 or 228-257-9420

Veterans Crisis Line

 1-800-273-8255
 PRESS 1

Food safety at the grill is everyone's responsibility

By Kevin L. Robinson
DeCA public affairs specialist

FORT LEE, Va. – As warmer temperatures push more commissary patrons from the kitchen stove to the backyard grill, the Defense Commissary Agency wants to remind them to “Be Food Safe.”

Disregarding the tenets of Be Food Safe can turn the family gathering into a trip to the emergency room, said the director of DeCA's Public Health and Safety Directorate, Col. Michael A. Buley.

“Our mission is to be vigilant against foodborne illnesses from the farm to the commissary warehouse to the store shelf to our patrons' shopping carts,” Buley said. “However, we also ask our patrons to do their part by practicing ‘Be Food Safe’ whenever they handle food.”

Be Food Safe was created through the collaboration of the U.S. Department of Agriculture, U.S. Food and Drug Administration and the U.S. Center for Disease Control and Prevention to help prevent foodborne illnesses caused by consumers mishandling food at home.

Salmonella, E. coli and listeria can all be unwanted guests at the barbecue if people don't pay heed to proper food handling, said Chris Wicker, DeCA's public health advisor.

“The juices from raw meats can contain bacteria that could transfer to other foods,” he said. “Cooked foods should be placed onto plates and containers that are clean, so there is no risk of cross contamination.”

“Time and temperature are also key factors for grilling and protecting your loved ones from foodborne illness,” Wicker added. “Always ensure proper temperatures are reached for all cooked meats and that no food is left out longer than two hours. Keep cold foods cold and hot foods hot.”

Before any cookout, Wicker said grill masters should consider the following basic food safety tips:

- Be clean. Before cooking or eating – and definitely after using the bathroom – wash your hands with soap and water for at least 20 seconds. Don't forget the grill; it should also be cleaned before preparation begins.

- Separate the food. Keep raw food apart from cooked food. The juices from raw meats can contain bacteria that could transfer to other foods. That means use

separate plates or containers for raw meat, poultry or seafood when moving food to the grill and different containers entirely for the cooked products unless the carriers have been washed thoroughly in soap and water. Also, keep cooking utensils and cooking surfaces clean from potential cross contamination.

- Marinate in refrigerator. Any food that is marinating should be covered and kept in a refrigerator until ready to cook. Also, don't reuse marinade containing raw meat.

- Cook it completely. This means you cannot take shortcuts on the amount of time it takes to thoroughly cook meat. Use a food thermometer to ensure meat is ready to eat. For example, ground beef and pork should be cooked at 160 F, chicken at 165 F and steaks and roast at 145 F. For shrimp, lobster and crab, cook until pearly and opaque. You can

use your microwave, oven or stove to pre-cook the food immediately before placing it on the grill.

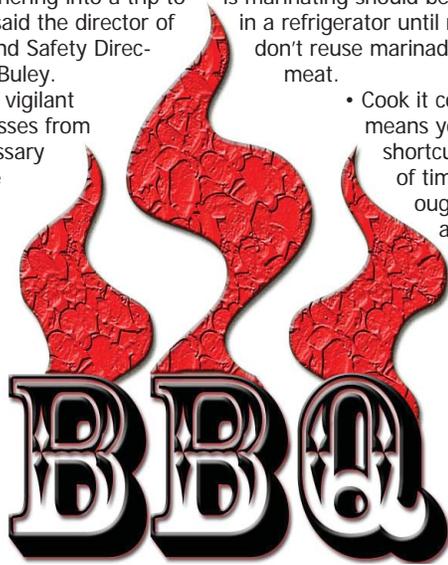
- Chill and freeze – immediately. Food should never be off the grill or out of the cooler for more than two hours. And, when the outside temperature is hotter than 90 F, food can only be left out for an hour.

- Hot, hot, hot. Keep hot food wrapped, insulated in a container and at or above 140 F. Eat hot take-out food within two hours of purchase. When reheating food on the grill, make sure it reaches 165 F.

- Keep it cold. If it's meant to be cold, it needs to stay that way at or below 40 F. Chicken salad, potato salads, bagged and green salads, and certain desserts must be protected from warm temperatures by placing them on ice in coolers. Remember to drain the water from melted ice in those coolers and replace ice as necessary.

The DeCA website's food safety page, https://www.commissaries.com/food_safety.cfm, is a good source for more information about proper food handling techniques.

For the latest food safety alerts and product recalls affecting military commissaries, visit <http://www.commissaries.com> and click on the “Food Recalls” box near the bottom of the front page. For general food safety information, visit the website, choose the “News & Info” tab near the top of the front page and select “Food Safety” from the drop-down box.



RLSO SE LEGAL SYMPOSIUM TRAINING HALL

June 15-16

8:30 a.m. to 3 p.m.

Topics: POAs, Wills, Estate Planning, Mississippi entitlements, Immigration, Ethics, Consumer Credit, Predatory lending, Consumer scams, Personal Safety, Serviceman's Civil Relief Act, Restraining orders, Adoption/Guardianship/Custody Adoption reimbursement, child support/paternity and divorce.

Itineraries at RLSO SE Legal Assistance Office.

All are encouraged to attend. Refreshments provided.

POC: LNC Mitchell or Mr. Jason Weaver at 871-2626/871-2620.

May 26, 2016

BILOXI SHUCKERS
SUNDAY MAY 29 5:10 PM
MILITARY APPRECIATION GAME

A LIMITED NUMBER OF MILITARY TICKETS ARE AVAILABLE AT ITT FOR \$8.00 EACH.

DISCOUNTED UNDATED TICKET VOUCHERS ALSO AVAILABLE ALL SEASON LONG AT ITT

Seabee Courier