

# SEABEE COURIER

Vol. 56 No. 27

Naval Construction Battalion Center, Gulfport, Mississippi

July 7, 2016

## Naval Construction Battalion Center picnic at Seabee Lake



Naval Construction Battalion Center staff took a few moments to celebrate Independence Day weekend as a team with canoeing, fishing, a burger burn and good ole-fashioned football at Seabee Lake July 1. (U.S. Navy photos by Brian Lamar/Released)



**NCBC**

**Commanding Officer**

Capt. Cheryl Hansen

**Public Affairs Officer**

Rob Mims

**Assistant PAO**

Brian Lamar

**Courier Staff**

Vacant

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# Safety office hosts Motorcycle Basic Rider's Course

Brian Weddle, a motorcycle safety foundation instructor, gives directions to students during the Motorcycle Basic Rider's Course on the grinder at the Naval Construction Battalion Center July 5.

Riders can also take the Basic Rider's Safety Course II and the Advanced Rider's Course, which are conducted once a month.

(U.S. Navy Photo by Brian Lamar/Released).



# Buzz on the Street

By Brian Lamar  
NCBC Public Affairs

## With the temperature hovering in the mid 90s, how do you beat the heat?



"I try to stay indoors as much as possible and drink a lot of water."

**AG3 Antonio VonBank**  
NCBC



"I complain until it passes. I stay indoors or in the shade. I pour water over my head and eat lots of ice."

**Maggie Stone**  
NCBC Liberty - MWR



## Happy 37th Birthday Fleet and Family Services

Cmdr. Ronald Jenkins, executive officer for the Naval Construction Battalion Center, gets ready to cut the Fleet and Family Services birthday cake with Judy Bradshaw, work and family life supervisor, Paula Ingram, education services facilitator and Command Master Chief, Curtis Cassell. Fleet and Family Services celebrated their 37th birthday of taking care of the Naval personnel and their families today. (U.S. Navy Photo by Brian Lamar/Released).

# Back in Time: Seabee History

## July 3

1965: Naval Mobile Construction Battalion (NMCB) 10 completes construction of the 8,000-foot Short Airfield for Tactical Support at Chu Lai, Republic of Vietnam, for the 1st Marine Air Wing.

## July 4

1942: Advance Base Depot (ABD), Davisville, Rhode Island, formally commissioned.

1968: Twelve Seabees reported to the Republic of Vietnam (RVN) for duty with Construction Battalion Maintenance Unit (CBMU) 302 two days late. While bound for Vietnam, the aircraft was forced down by Russian jets on a small island near Japan. The American crew and passengers were detained for 48 hours before the U.S. military-chartered aircraft was released by the Russians. The incident occurred because the Russians claimed the aircraft had violated Soviet air space.

## July 5

1942: The 4th Naval Construction Battalion (NCB) arrived at Dutch Harbor, Alaska. This was the first Seabee battalion to arrive in that area. Because of the variety of construction needs in Alaska, the battalion was employed at three different locations: one detachment of approximately 200 men went to Eider Point; another detachment of about 350 men went to Unalaska Village on Unalaska Island; and the remaining men were quartered in the Fort Mears Area on Amaknak Island.

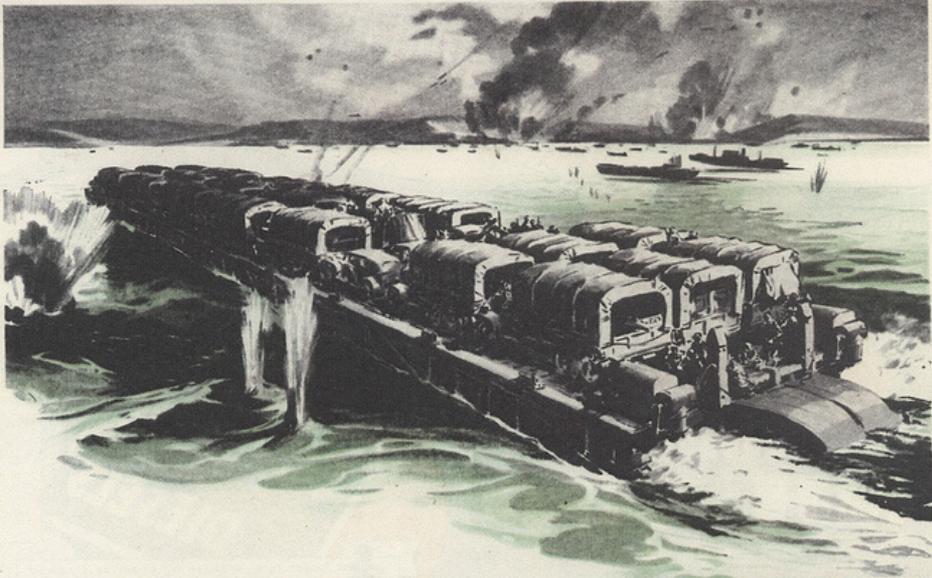
1943: The 95th NCB was commissioned at Naval Construction Training Center (NCTC), Camp Peary, Magruder, Virginia.

1970: At an awards ceremony in Davisville, Rhode Island, the 21st Naval Construction Regiment (NCR) and 20th NCR, and Commander, Construction Battalions, Atlantic (COMCBLANT) were awarded the Navy Meritorious Unit Citation for meritorious service from September 1, 1965, to December 31, 1969.

## July 6

1944: ACORN 9 was decommissioned. Used during World War II, an ACORN was a tailored unit designed to carry out the rapid construction and subsequent operation of a landplane and seaplane advance base. Each ACORN had a construction battalion attached to it, as well as trained personnel to operate the control tower, field lighting, aerological unit, transportation, medical, berthing and messing facilities. A CBMU also accompanied each ACORN to maintain the base after the initial construction was completed and the construction battalion had been withdrawn.

JANUARY, 1945 7



## THE RHINO FERRY...

### SEABEES BRIDGE TO VICTORY

For one of the most difficult invasion tasks the Navy turned to the Seabees—the country's natural fighters—the dam builders—the sand hogs—the pioneers who have made history.

Hitler's fortress could be breached. It would be. But could our heroic invaders be supplied? History has answered the question.

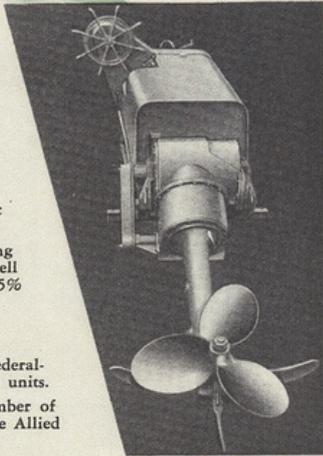
The Seabees Rhino Ferry, a big lumbering barge with two propelling units was the answer. They built them and they rode them—through hell and highwater. Yes, in the first 10 days of invasion in Normandy 85% of all vehicular equipment went to shore on the Rhino Ferry!

It was a bridge to Victory! \* \* \*

It was an honor to have had a part in this great task. Dependable Federal-Mogul propellers provided the punch for these powerful portable units.

That is but one of our many jobs. Today an ever increasing number of Federal-Mogul propellers from 4 inches to 12 feet are serving the Allied Navies on every sea.

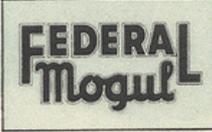
Tomorrow, new techniques of precision manufacture, new skills developed by wartime experience will bring innovations and improvements as revolutionary as the "Equi-Poise" propeller was in peacetime. Federal-Mogul Marine, 4043 Beaufait, Detroit, Mich.



*The coveted Army-Navy "E" awarded Federal-Mogul Marine Division, for high contribution to American freedom.*

ARMY \* NAVY *Detroit, Mich.*

ARMY \* NAVY *Greenville, Mich.*





CLOVERLEAF  
EQUI-POISE



TRU-PITCH &  
HY-TURBINE



TRU-PITCH  
MOTORSHIP



NO-WEED &  
WEEDLESS



HB HEAVY-  
DUTY



CUSTOM, STAND-  
ARD EQUI-POISE

**This World War II-era advertisement showcased the Seabees' rhino ferry. It was a huge barge constructed from pontoons with two propelling units. In the first 10 days of the invasion of Normandy, 85 percent of all vehicular equipment was transported to shore using the rhino ferry. It was critical to defeating the Germans and proved to be a "bridge to victory," as the ad says. (Photo courtesy of the U.S. Navy Seabee Museum)**

During the war, ACORNs were sent to such places at Guadalcanal, Espiritu Santo, Green Island, Rendova, Treasury Island and Majuro.

1945: The 51st NCR was commissioned.

1953: NMCB 11 was activated.

## July 7

1968: Cmdr. L.D. Lawson, CEC, relieved Cmdr. R.B. Wilson, CEC, for NMCB 7.

2009: NMCB 11 presented the battalion colors at Camp Mitchell, Rota, Spain, reestablishing the base after closing down Camp Arifjan, Kuwait.

2011: Cmdr. James (Gordie) Meyer, CEC, relieved Cmdr. Jayson Mitchell, CEC, as commanding officer of NMCB 7 during a change of command ceremony at Naval Construction Battalion Center in Gulfport, Mississippi.

## July 9

1942: The 12th NCB was commissioned at Camp Bradford, Norfolk, Virginia.

1967: At a dedication ceremony, the NMCB 9 campsite was named in honor of Utilitiesman Plumber 2nd Class James Miller, who was mortally wounded on February 6, 1967.

# Navy Medicine releases video with helpful tips for mosquito season

Courtesy Navy.mil

Navy Medicine released a mosquito awareness video for Sailors, Marines and their families, June 24.

Although the Zika virus has not been spread by mosquitoes in the United States, it could occur. The new video demonstrates how to take extra protective measures during mosquito season, including measures for people to safeguard their home such as avoiding the use of mosquito attraction devices.

"The Navy is actively conducting mosquito surveillance and testing on board installations along the U.S. Gulf and Atlantic coasts," said Cmdr. Alan Lam, deputy associate director, U.S. Navy Bureau of Medicine and Surgery (BUMED) Public Health, Emergency Preparedness and Response. "Being educated and aware of preventive measures is vital in avoiding the transmission of the virus."

Female mosquitoes lay eggs in small pools of water. To reduce mosquito breeding, eliminate standing water in flower pots, clogged rain gutters, children's pools, tarps and abandoned tires. Install screens on windows and doors and ensure they are in good condition to keep mosquitoes outside.

Watch the Zika mosquito awareness video here

<https://youtu.be/KyR1uBepw60>

Look for insect repellants that contain 20-35 percent DEET, the most common active ingredient in insect repellent, or 20 percent picaridin. Repellents containing permethrin can be used to treat clothing and are safe for pregnant or nursing mothers and their children. These repellents can be purchased through online retailers and local sporting goods stores.

Additionally, long-sleeved, light-colored shirts protect from mosquito bites and sun exposure. Mosquito netting should be placed over infant carriers to prevent contact.

The Zika virus is transmitted to humans by Aedes mosquitoes and blood transfusions. Infected males can also pass the virus on to partners through unprotected sex.

According to the Centers for Disease Control and Prevention (CDC), four in five people infected do not develop symptoms of the virus. Sym-

toms include fever, rash, headaches, joint and muscle aches, and conjunctivitis.

"Avoiding mosquito bites is the best way to prevent infection," Lam said. "Mosquitos carrying Zika bite mostly during the day. There is currently no specific antiviral treatment, vaccine or drug for the virus."

Watch the Zika mosquito awareness video here: <https://youtu.be/KyR1uBepw60>

For the most current information about the Zika virus, please visit the Navy and Marine Corps Public Health Center's website at <http://www.med.navy.mil/sites/nmcphc/Pages/Home.aspx/>.

Navy Medicine is a global health care network of 63,000 personnel that provide health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.

For more information, visit <http://www.navy.mil/>, <http://www.facebook.com/usnavy/>, or <http://www.twitter.com/usnavy/>.

For more news from Navy Medicine, visit <http://www.navy.mil/local/mednews/>.

## Commissary patrons help drive Feds feed families support

By Jessica Rouse

DeCA public affairs specialist

Last year was a banner year for the Feds Feed Families campaign. The Department of Defense collected more than 3.2 million pounds of food and personal hygiene items for donation to local food banks and pantries. Commissary employees and their patrons contributed almost 50 percent or a whopping 1.6 million pounds of DOD's total.

"Our customers are the main driver behind the donations," said Randy Eller, DeCA's deputy director of logistics. "Their contributions have increased our total 66 percent from 2014."

The Feds Feed Families campaign, which runs June through Aug. 31 this year, was created as a part of President Obama's United We Serve campaign in 2009. The program was started to help food banks stay stocked throughout the summer, when they typically see fewer donations and increased demand. Through the program, almost 57.2 million pounds of food and other items have been donated by federal employees from

all across the federal government.

This year, commissary employees and patrons are pulling together again to collect donations of much needed nonperishable food and personal hygiene items. Prepacked donation bags, which can be purchased in the store and placed in collection bins when entering or leaving, are available. Customers may also bring items from home to donate.

Donated items are picked up by the installations and delivered to local food banks or pantries.

There have been no official goals set, but with the help of commissary employees and generous patrons, Eller thinks last years' numbers can be beat.

"Let's all give our full support to this fantastic program, which feeds thousands of hungry families across the United States, and work to have our best totals ever," he said.

For more information on the Feds Feed Families campaign, please visit the United States Department of Agriculture website at <http://www.usda.gov/wps/portal/usda/usdahome?navid=feds-feed-families>.

### The most-needed items for donations

- Canned vegetables - low sodium, no salt
- Canned fruits - in light syrup or its own juices
- Canned proteins - tuna, salmon, chicken, peanut butter and beans
- Soups - beef stew, chili, chicken noodle, turkey or rice
- Condiments - tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils
- Snacks - individually-packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers
- Multigrain cereal
- 100 percent juice - all sizes, including juice boxes
- Grains - brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta, and macaroni and cheese
- Paper products and household items - paper towels, napkins, cleaning supplies
- Hygiene items - diapers, deodorants (men and women), feminine products, toilet paper, tissues, soap, toothpaste and shampoo

July 7, 2016

Seabee Courier

## New to military family housing?

Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held at the NCBC Fire

Department on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

# Learning fundamentals during live fire training



**Photos by Brian Lamar**  
Naval Construction Battalion Center - Gulfport

The Center for Security Forces Expeditionary Combat Skills Course conducts a pistol firing fundamentals course with students at the U.S. Navy Woolmarket Rifle and Pistol Range July 6. The students received a refresher course in drawing their sidearms, trigger control and combat loading and reloading.

**Left: Sean O'Neil, a weapons instructor for the Center for Security Forces Expeditionary Combat Skills Course, gives spot instruction during live fire.**

**Below: Mike Tomme, a phase leader for the Center for Security Forces Expeditionary Combat Skills Course show proper grip technique during a dry fire portion of training.**

**Bottom: ECS students line up while getting their bearings at the pistol fundamentals range.**



**Above: Students watch a weapons instructor give a live fire demonstration for the Center for Security Forces Expeditionary Combat Skills Course.**



# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Old Woman and The Sea

Thanks to a guy named Big Victor, I'm finally free of years of bitter resentment. No, I didn't put a hit out on anyone — although Big Victor did seem like he'd be up for that kind of thing — I simply went fishing.

Ever since I can remember, I've idealized fishing. As an awkward kid, I would search the neighborhood gutters for the slightest trickle of a creek. I'd fashion a fishing pole out of a stick, string and a safety pin. I'd pack a canteen of lemonade and a little snack — Oatmeal Cream Pies were tasty and doubled as decent bait.

To me, catching fish was secondary to experiencing a classic summer past time — leaning against a shady tree on the edge of a river, jeans rolled up, bare toes dipped in cool water, waiting patiently for a nibble while communing with nature.

Fortunately, I had an active imagination, because my childhood fishing trips mostly took place in a drainage ditch under Route 286, and the only thing I ever caught was a bacterial infection. My family was not into fishing, so other than a few fruitless tries with a rental pole from a pier while on vacation, the opportunity to go on a real fishing trip never presented itself.

That is, until the summer of 1978, when my parents arranged to go off-shore fishing. They invited my grandfather, aunt, uncle, cousin and brother ... surely this was my big chance! "Lisa, you're staying at home with the dog," I was told. A tiny spark of resentment ignited deep inside.

In the summer of 1990, I was at school studying for my law exams, and I called to find out how my family's summer vacation was going. "We're eating the tuna your brother caught today on our deep sea fishing trip!" I was told, and the embers glowed red.

In 1995, a couple years after marrying my Navy husband, Francis, we were living on Fort Ord, just outside of Monterey, California, and the opportunity to go salmon fishing came up. "Nope, you're eight months pregnant," I was told, and steam rose from my ears.

In 1998 while stationed in Norfolk, Virginia, there was a bachelor party fishing trip ("No women allowed") and in 2012 while stationed in Mayport, Florida, a fishing trip with guys from work ("Who will watch the kids?"). Before

I knew it, the spark of resentment had flared into a raging wildfire.

But recently, in a strange twist of irony, the chance I'd been waiting for came among the vast urban sprawl of Los Angeles, California. While visiting family there, Francis' brother, Chris, proposed a five-hour off shore fishing trip.

"FISHING?" I blurted, "SERIOUSLY? ME, TOO?!" I may not have been an intended invitee, but at that point, Chris had no choice.

We boarded the boat in Marina Del Ray, looking like idiot tourists with our fanny packs, sunscreens noses, and a cooler with enough snacks and drinks to sustain us for a month. The hulking Hispanic deck boss, "Big Victor," carried a knife, a gaffing hook, a large gold chain, about 150 excess pounds, and a look on his face that said, "I eat idiot tourists for lunch."

After finding a good spot among the whale watchers and the oil tankers, the crew flung chum over our heads while we set our lines. Four and a half

hours later, we thought Francis had finally caught the big one. His hands shook as he strained to pull in what was surely a 40-pound yellowtail.

"It's kelp," Big Victor said, and he used his gaffing hook to retrieve Francis' mangled line.

I knew I'd be coming home from my first real fishing trip empty handed, but it didn't matter. The sun on my face, the spritz of chum flying overhead, the bubbles of a cold beverage, and the satisfaction of baiting my own hook had fulfilled my childhood dreams.

"Fish on!" I yelled excitedly, just as we were about to haul anchor. "Is it big enough to keep?" I whispered to Big Victor.

He nodded his massive head, and with a swipe of his knife, I had two tiny fish fillets to contribute to dinner. I stepped off the boat that day, grateful for my first real fishing trip ...

... and that there was plenty of spaghetti at home.

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



**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](http://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](http://fvap.gov) for voting information. The Voting Officer for NCBC Gulfport is Lt. Brian Mack, 228-871-4274.

**JULY 8-14 MWR**



Check out our new website!  
navymwrgulfport.com

**JULY SPORTS EVENTS**

**BATTLE BUDDY 5K**  
**JULY 20**  
**6:45A**

League runs July 19-Aug 31  
Sign up July 1-15  
Captain's Cup Points Awarded

**CAPTAIN'S CUP CO-ED SINGLES RACQUETBALL LEAGUE**

Game times TBD  
at Coaches Meeting

Teams of 2- Start & end the run together!  
Begins behind the Fitness Center  
Win runner gear & movie passes!



FREE for All Hands unless otherwise indicated

Info on our website [www.navymwrgulfport.com](http://www.navymwrgulfport.com)  
Questions? Call the Fitness Center at 228-871-2668



**STAND-UP PADDLEBOARDING** **FREE**

Beginner & Advanced Classes

LIMITED SPACE AVAILABLE

Part 1: July 14- Seabee Lake  
4:30-6:30pm

Part 2: July 16- Open Water  
8am-12pm



Questions? Call Tickets & Travel at 228-871-2231

Open to All Hands  
10 Years of Age & Older

Check out our website!  
[www.navymwrgulfport.com](http://www.navymwrgulfport.com)

Register at  
Community Recreation  
Facilities:  
Tickets & Travel  
and Outdoor Rental



**RENT A PULL-BEHIND BBQ GRILL or CAJUN COOKER with POT ONLY \$30-40!**

Gear up for the BACKYARD BBQ!



Call Navy Community Recreation Outdoor Rental at 228-871-2127 for details!

**LIBERTY**  
NAVAL CONSTRUCTION BATTALION CENTER  
GULFPORT, MISSISSIPPI

7/9 - 8 a.m., Waterville USA, \$24  
7/11 - 5 p.m., Movie Marathon: Super Man II,  
Free Popcorn  
7/12 - 11 a.m., Tournament Tuesday:  
Ping Pong Lunch Madness, 1<sup>st</sup> Place Prize!  
7/13 - 6 p.m., Cooking Corner:  
Grilled Quesadillas, Free  
7/14 - 4:30 p.m., Stand Up Paddleboarding  
Part 1, Free  
Call 228-871-4684 for more information

**SEABEE CINEMA**

Regular movie showings: Friday - Sunday of every week!  
Showing this weekend: **Alice Through the Looking Glass (PG)**; **Teenage Mutant Ninja Turtles: Out of the Shadows (PG-13)**;  
**Now You See Me 2 (PG-13)**; **Warcraft (PG-13)**  
Call the Movie Hotline at 228-871-3299 or check the website!  
**Pick up our NEW MOVIE SCHEDULE TODAY!**

**JULY SPECIAL CHILI CHEESE DOGS**

Two all beef hot dogs smothered in  
chili, cheese & onions  
w/ fries & soda  
**ONLY \$6.50!**

Add chili & cheese to your fries for \$1 more!



Chili Cheese Fries  
also available!  
ONLY \$3

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

# NCBC-GPT FILES



FILE NAME: Terrance Pringle  
 UNIT: Naval Construction Battalion Center  
 Naval Rating: Navy Counselor 1st Class

Navy Counselor 1st Class Terrance Pringle has been on board the Naval Construction Battalion Center for two years.

His proudest moment while assigned here was when he advanced to 1st class. Pringle was a operations specialist in his prior rating and it was very hard to make rank. "I made it here on shore duty," he cheered.

Pringle plans to stay in the Navy for the long haul and would like to have his own command one day as a senior or master chief.



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 Open Monday-Friday,  
 8 a.m. - 4 p.m.

July 7, 2016

VACATION BIBLE SCHOOL

VBS will be held at the  
**Seabee Memorial  
 Chapel July 18-20**  
 from noon - 4 p.m.

**Please Stop by and  
 register your child.**

**For more information please call 228-871-2454**

**AUDRA**  
**SEXUAL ASSAULT SUPPORT GROUP**  
 AUDRA means "nobility and strength" in French

You don't have to  
 walk this path alone

This group offers a safe, open  
 atmosphere for discussion and  
 activities to facilitate the  
 healing process

For Active Duty females  
 who have been  
 sexually assaulted as adults

Call FFSC at (228) 871-3000

# 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

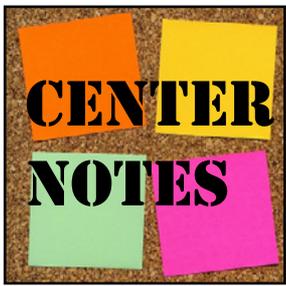
## Thursday

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](mailto:gulfportchapel.fct@navy.mil) or by phone at 228-871-2454.

**NCBC Command Chaplain (Lt. Cmdr.) Ammie Davis**

Seabee Courier



## SUPPORT

**NMCB 11 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 welcome 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 nmcb-11frg@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](mailto: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](mailto: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 at 228-357-0513. Visit [www.navywivesclubsof-america.org](http://www.navywivesclubsof-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 helps 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, second floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto: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. in 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](mailto:natashia.handley@navy.mil) or Vice President, BUCN Miller at [tariqah.miller@navy.mil](mailto: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 Veterans Affairs 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, Mississippi. Contact Carol Fetters, President at 228-832-4893 or email [cfetters@cablone.net](mailto: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>.

**Disabled American Veterans (DAV), Chapter 5** invites veterans and future veterans to monthly meetings held the third 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](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. The shop has a variety of Seabee related memorabilia, books and DVDs. Contact them at [www.seabee-museum-store.org](http://www.seabee-museum-store.org) or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

# NCBC Helping Hands

**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@bbcgpt.com](mailto:lladner@bbcgpt.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 needed to 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](mailto: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 U.S. 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](mailto: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. Call 228-604-4020 or email [office@disabilityconnection.org](mailto: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, ensuring guests sign in, offer snacks and beverages,

and sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training, which usually lasts two hours. Please visit [www.USOVolunteer.org](http://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](mailto: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/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.