

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

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NCBC takes part in Fleet-wide Sexual Assault Awareness Stand-down



CMDCM Mark Thomas, Naval Construction Battalion Center (NCBC) Gulfport command master chief, speaks to service members and civilian employees during the first of several Sexual Assault Prevention and Response (SAPR) Stand-down training sessions at the Training Hall on board NCBC Gulfport, June 14. During the Department of Defense mandated training, command leadership lead a guided discussion on sexual assault, reporting options, what constitutes mutual consent and bystander intervention techniques. According to Vice Adm. Scott Van Buskirk, Chief of Naval Personnel, the goal for this training is that all service members and civilian personnel clearly understand SAPR principles and resources that are available. In addition, he said, "all personnel will understand their accountability and role in reducing with a goal of eliminating sexual assault from the Navy, fostering a command climate of dignity and respect, and upholding [our] core values of honor, courage and commitment." (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



You're Invited . . .

Change of Command Ceremonies

NMCB 11, June 21, 8:30 a.m., Parade Field

NCBC Gulfport, June 27, 9 a.m., Training Hall

NMCB 133, June 28, 10 a.m., Training Hall

SECNAV advocates cutting number of cammo uniforms

By Jim Garamone
American Forces Press Service

Navy Secretary Ray Mabus would like to see the number of different camouflage uniforms in the military come down.

"The notion that we have all this camouflage doesn't make a whole lot of sense to me," he told the Defense Writers Group this morning.

He said the "blueberries" -- which is what Sailors call their blue cammies -- work only when Sailors fall overboard. The secretary said he would support an amendment to the National Defense Authorization Bill for fiscal year 2014 that would mandate a single camouflage uniform for all the services.

At one time that was the case. In the late 1980s, all services wore the battle-dress uniform -- a green, brown and black uniform that grew out of Army research, said Lt. Col. Jerry Pionk, an Army spokesman. For the Gulf War, the Army also developed the "chocolate chip" uniforms worn in Saudi Arabia, Kuwait and Iraq.

The Marines broke away from the "uniform" uniform when they went



with their digital cammies in 2002. Not to be outdone, the Army also went digital with the Army combat uniform, using the universal combat pattern. The Air Force followed, and then the Navy went digital with its blueberries.

In all, there are 18 different camouflage uniforms, including one issued to service members deploying to Afghanistan.

There probably won't be just one camouflage uniform for all situations, Mabus acknowledged. "But we can go to two or three," he added. "It's still progress."

A proposed amendment to the fiscal 2014 defense budget bill before Congress would require the services to adopt one camouflage pattern, with a wear date of 2018.



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NCBC to change hands June 27

By NCBC Public Affairs

Capt. Paul Odenthal will relieve Capt. Rick Burgess as commanding officer Naval Construction Battalion Center (NCBC) Gulfport during a change of command at the Training Hall, June 27.

Burgess assumed command of NCBC and 20th Seabee Readiness Group (SRG), July 8, 2011. A 20SRG change of command was held Feb. 26 with Burgess turning over command of the group to Capt. Darius Banaji. The group was then renamed Naval Construction Group TWO.

During his tenure, Burgess led NCBC to achieve various awards and recognition including a fifth and sixth Five-Star Accreditation for the Colmer Dining facility and the SECNAV Gold award for

energy conservation for the installation. His team also processed more than 12,000 individual augmentee Sailors for deployment, and maintained and operated facilities and provided services and materials in support of Naval Construction Force Units.

As 20SRG commander, his leadership ensured thousands of Seabees in the Naval Construction Regiments, Naval Mobile Construction Battalions, Construction Battalion Maintenance Units, Underwater Construction Teams and Expeditionary Combat Camera were organized, manned, trained, maintained, and equipped to provide supported commanders with expeditionary engineering forces capable of general engineering and construction, and limited combat engineer-



Capt. Rick Burgess



Capt. Paul Odenthal

ing across the full range of military operations. Burgess will move to the Pentagon and work in the Office of the Chief of Naval Operations.

Odenthal, who most recently held the position of Executive Officer at Naval Facilities Engineering Command NAVFAC Mid-Atlantic in Norfolk, Va., will be the 29th officer to assume the duties as

commander NCBC. He will be the first commanding officer of NCBC since April 1966, who will not also assume responsibility of the 20th Seabee Readiness Group during the change of command.

The guest speaker for the ceremony will be Rear Adm. John Scorby Jr., commander, Navy Region Southeast.

Navy commands encouraged to sponsor 'Keep What You've Earned' events all summer

From Navy Personnel Command Public Affairs

The Navy announced the updated "Keep What You've Earned" guide for planning summer safety splash events is now available, June 18.

The updated guide is available at www.nadap.navy.mil.

The biggest addition in the update is the "Send Off" event, modeled after Navy Region Mid-Atlantic's send-off of Sailors prior to the Memorial Day weekend. On the Thursday afternoon before Memorial Day, multiple Navy commands took advantage of the upcoming holiday to remind Sailors of the importance of responsible use of alcohol to stay on track with their careers. Chiefs, junior officers and first class petty officers all showed their support by manning the gates with "Keep What You've Earned" signs. This splash



event came on the heels of the release of petty officer advancement results, reinforcing the message of keeping what you've earned.

To enable commands to host summer splash events at their installations and incorporate "Keep What You've Earned" messaging into their existing

summer safety fairs and safety stand downs, the Navy Alcohol and Drug Abuse Prevention (NADAP) office created an "Event-in-a-Box" implementation guide. This guide provides step-by-step instructions for holding an event and accessing resources. There are a variety of event options,

depending on the time and resources available.

Details on how to host a "Send Off" event or any of our other responsible drinking, summer safety events are available in the online implementation guide.

The "Play to Live Pledge", also promoted during the events, has received more than 100 commitments from Sailors pledging to drink responsibly this summer. To take the pledge, visit <http://www.surveymonkey.com/s/drinkresponsibly>.

NADAP encourages all commands to download the "Keep What You've Earned" "Event-in-a-Box" guide and host a responsible drinking event this summer. For more information, you can access materials and resources from NADAP's "Keep What You've Earned" campaign, available at www.nadap.navy.mil.

Buzz on the Street

By CECN(SCW) Lucinda Moise
NCBC Public Affairs

"What is your idea of a dream job?"



"An Oceanographer, studying animals and learning about the underwater environment."

CE2(SCW) James Henley
NMCB 11

Hometown: Augusta, Ga.



"Something that would allow me to travel and make my own schedule and be my own boss."

BUCA Janelle Jones
NMCB 74

Hometown: Hawaii



"What I do now -- operating equipment."

EO1(SCW) Charles Bernard
NMCB 11

Hometown: Brooklyn, N.Y.



Capt. Rick Burgess, commanding officer, NCBC Gulfport, accompanied by Gulfport Mayor George Schloegel, administers the oath of enlistment to Master-at-Arms 1st Class Rodolfo Gallardo, assigned to NCBC Security Department, at the Gazebo on board NCBC, June 14. In addition to his Navy duties, Gallardo is also an Auxiliary Police Officer for the city of Gulfport. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Civilian and military personal attached to NCBC attend the Fleet and Family Support Center (FFSC) sponsored Military Community Career Fair at the Navy Operational Support Center (NOSC) on board NCBC Gulfport, June 13. Each year the career fair is held to help military and Department of Defense personnel find new careers. More than 40 companies were on hand to accept resumes and interview potential employees. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Fathers join their children at the NCBC Child Development Center (CDC) for a snack and ice cream social on board NCBC Gulfport, June 14. Each year the CDC hosts a father-child social to honor the dads for Father's Day. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Baby Boot Camp can ease parental jitters

By UTCN Alicia Fluty
NCBC Public Affairs

Service women and military spouses expecting their first child, as well as veteran parents attended a Baby Boot Camp Class as part of the New Parent Support (NPS) program provided by Fleet and Family Support Center on board NCBC Gulfport, June 13.

During the class, NPS practitioner Sue Maters, covered important topics such as nurturing and caring for the baby, sick baby versus well baby behavior, baby wellness checkups and immunizations, baby safety, calming techniques, shaken baby syndrome and the Women, Infants and Children (WIC) program.

A benefit of participating in NPS is new moms and dads are eligible to participate in a voluntary home visitation program, free of charge, which was developed to assist military families in ways that



New Parent Support program practitioner Sue Maters discusses baby care and nurturing with prospective parents during a Baby Boot Camp class June 13 at Fleet and Family Support Center (FFSC) Gulfport. Baby Boot Camp is held quarterly and will be given again Oct. 10. For more information, contact Sue Maters at the FFSC, 228-871-3000. (U.S. Navy photo by UTCN Alicia Fluty/Released)

friends and family might if the new parents were back home. The program offers expectant parents and parents of new-

born and young children up to age 3, the opportunity to learn new skills and to improve existing parenting skills in the

privacy of their own home.

"We are not born knowing how to parent, it is a learned skill," said Maters. "My job is

not to go there and find problems; I don't do that. But, I can go there and make it a safer place."

First-time expectant mom Krystle Torkelson enjoyed her time in the class and was happy to have an opportunity to learn some facts about child care and parenting.

"Being a first-time mom you don't know a whole lot of what to expect, other than what others have told you," said Torkelson.

The New Parent Support Program can also help attendees learn how to cope with the stress and additional physical and emotional demands of parenting due to separation and deployments. Resources are also available to assist with locating local services and resources which assist parents with young children.

For more information, contact the Fleet and Family Service Center at 228-871-3000.

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 July 22 - 26, 8 a.m. - 4:30 p.m., in building 60, room 105.

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.

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Local 24/7 Sexual Assault Prevention and Response Program Contact #: (228) 596-0697

Your installation Sexual Assault Response Coordinator's Contact #: (228) 323-4717

Alternate Sexual Assault Response Coordinator's Contact #: (504) 762-0224

Click: www.SafeHelpline.org; Call: 877-995-5247; Text* 55-247 (Inside the U.S.)

Text* 202-470-5546 (Outside the U.S.)

*Text your location for the nearest support resources

FREEZE FRAME

By UTCN Alicia Fluty, NCBC Public Affairs

NCBC FRAMES BUCN Dewey Cronan Mess Deck Master at Arms



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

BUCN: The experience that stands out the most is having my daughter. She drives me to do my best.

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

BUCN: The biggest motivation throughout my career was to make my

mother proud.

FF: What advice would you give to future Sailors?

BUCN: My advice to future Seabees would be to keep up the tradition of "Can Do!"

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

BUCN: My favorite part about working with the

Seabees is that it is never a dull moment. Seabees are funny and hard workers!

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

BUCN: My most influential mentor was BU1 Brittney Fitzpatrick because she taught me how to be a strong woman in the military.

Navy Region Southeast to waive Vehicle Decal requirements

By MC1(SW) Greg Johnson
Navy Region Southeast Public Affairs

Navy Region Southeast (NRSE) drivers will no longer be required to display a Department of Defense (DoD) vehicle decal to gain access to installations beginning July 1.

The change will be made to comply with a new Commander, Navy Installations Command (CNIC) policy intended to enhance base security by providing electronic credentialing and increased scrutiny of authorized identification cards.

"Eliminating the DoD decals and implementing electronic credentialing will improve our security posture because it will allow our gate security personnel to more carefully scrutinize authorized identification cards without the added distraction of having to verify the decal," said Capt. Brett Calkins, Navy Region Southeast operations and plans officer.

In addition to enhancing security at the gate, the new policy will also work to protect Department of Defense personnel when they are off the base, Calkins said.

"You really never know where or when you are going to encounter terrorism," he said. "Vehicle decals can be easily recognizable to those out there that would like to do our service members harm, so not having them on vehicles off base will help to lower visibility and, in essence, help protect our people from potential harm."

The new policy will also have a major impact on installation budgets, resulting in an estimated \$750,000 in annual savings Navy-wide, as well as a drastic reduction in administrative tasks. Those savings will be diverted to critical AT/FP programs, reported Navy Times.

"First and foremost, this policy change is going to help us better protect personnel, but the financial benefits to not having stickers are obvious," said Bruce Toth, NRSE regional security officer. "Sticker costs can add up, especially when families have multiple vehicles and people are constantly buying and selling used vehicles - not to mention the manpower it takes to supply them. Our goal is to take those funds and reinvest them back into our force protection efforts."

According to Toth, the original purpose of the DoD decal was to not only for base access, but also to ensure that drivers on installations possessed a valid driver's license, proof of adequate insurance and a current state vehicle registration. While the decals are set for elimination next month, the requirement for vehicles to be registered with the installation security departments will continue. Personnel and residents that are permanently assigned to a Navy installation will in-process and out-process at the installation Pass and Identification Office.

According to the new CNIC policy, motorcycle operators safety requirements, barment control and enforcement of state licensing, registration, insurance and safety requirements will be enforced through random vehicle inspections and routine traffic enforcement.

"Our requirements will not change. Anyone operating a motor vehicle on base will still be required to carry proof of insurance and registration in accordance with their respective state law," Toth said.

The policy change will take effect on board every CNIC installation July 1. Drivers who still need access to other service's installations that may still require a decal will be permitted to display the decal until it expires.

Under the new policy, base visitors will continue to use the normal visitor procedures established by the installation commanding officer.

For more information, please contact NCBC Gulfport Security at 228-871-3561.

See Something Wrong, Do Something Right!

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

To report information by Cell text:

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

To report information Online:

1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



Alice Huffman, Navy-Marine Corps Relief Society Gulfport director, addresses 2013 Navy-Marine Corps Relief Society (NMCRS) Active Duty Fund Drive representatives during the wrap up breakfast and recognition ceremony at Colmer Dining Facility on board NCBC Gulfport, June 7. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Sailors take care of Sailors through Active Duty Fund Drive

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

The Navy-Marine Corps Relief Society (NMCRS) at Naval Construction Battalion Center (NCBC) Gulfport wrapped another successful Active Duty Fund Drive with the annual Bee Wash, June 5. In total, \$115,886 in donations was raised, a 25 percent increase from 2012.

According to their website, since 1904, the NMCRS has been helping service members worldwide and their families when the unexpected happens. Sailors and Marines, active and retired, and their eligible family members are eligible for assistance through quick assist loans, loans for emergencies or necessities and in some cases a grant.

The Society is a private, non-profit military service organization whose funding comes solely from donations. They receive no federal funding and 100 percent of donations go to help service members.

According to Alice Huffman, NMCRS Gulfport director, \$5 of assistance results from every \$1 donated.

Although donations are the only source of support for the services provided and the Fund Drive is the one time of year that the NMCRS actively

seeks donations, Huffman said education is always her primary goal for the drive.

"My primary focus with the fund drive is the opportunity to educate our service members about Navy-Marine Corps Relief Society and our programs, and us as a first resource for them when they have a financial emergency, said Huffman. The nice side of it is that it also gives them the opportunity to donate to the Navy-Marine Corps Relief Society during the fund drive to help out their fellow Sailors and Marines."

In addition to actively encouraging active duty service members to help fellow service members through donation slips, the drive includes a number of organized events on and off base, including a Run For Relief 5K, Poker Run, Navy Exchange coupon sale and Bee Wash. These events are important to Huffman in meeting one of her goals for the drive; raising awareness outside the fence line.

"We're outside the perimeter of the base. We have service members participating, but we are getting the community aware of Navy-Marine Corps Relief Society and what we do for our service members," said Huffman.

Chief Construction Mechanic Tyler Watters, Naval Mobile

Construction Battalion (NMCB) 74 fund drive coordinator, and his team raised the most money of any command this year. He attributed his command's success to a good team of company representatives that educated the personnel on the benefits of the NMCRS.

"They [company representatives] went out there and got the word out. They pushed it, made sure we got 100 percent contact, that everybody knew what the society was all about. We also had Alice Huffman come over and talk to the individual companies at the company level, which I think helped out a lot," said Watters. "It [the command contribution] was great. I was actually surprised, because it was a lot of money. ... It just happened. I think was a sign of having a good team and the word got put out ... and people were willing to give."

Although the Fund Drive, which began in March, officially ended with the Bee Wash, June 5, service members, retirees and civilians can still donate through the NMCRS Gulfport website at www.nmcrsfunddrive.org/gulfport any time of year.

For more information on the NMCRS at Gulfport, contact Huffman or one of her team members at 228-871-2610.

Kudos to NMCB 11



Cmdr. Maria Aguayo, second from right, commanding officer, Naval Mobile Construction Battalion (NMCB) 11 accepts the Meritorious Unit Commendation presented to NMCB 11 by Capt. Darius Banaji, commander Naval Construction Group (NCG) 2, second from left, as Command Master Chief Duane Sharp, far left, NCG2 and Command Master Chief Moses Sampson, NMCB 11 look on. The Battalion was awarded the Navy Meritorious Unit Commendation (MUC) for the period of Jan. 31, 2012 to Sept. 15, 2012. Any service member who was assigned to NMCB 11 during any part of that time span is authorized wear of the MUC ribbon. Established by order of the Secretary of the Navy, 17 July 1967, the Meritorious Unit Commendation is awarded by the Secretary to any unit of the Navy or Marine Corps which has distinguished itself under combat or noncombat conditions, by either valorous or meritorious achievement compared to other units performing similar service. (U.S. Navy photo/Released)

NCBC Security Note on Firearms:

"Mississippi law states that Mississippians will be able to openly carry a firearm in public with or without a permit effective July 1. However, per CNRSEINST 3593.1A, "... personal firearms will not be possessed, used, introduced, transported or stored on board Navy installation[s] ..." Open/Concealed carry is only authorized on NCBC Gulfport for law enforcement officers in the performance of official duties. There is a Personal Weapons Registration and Storage Procedure for individuals living on NCBC Gulfport. Storage space for personal weapons is extremely limited and available only for persons living/transiting the installation. Recommend storage of personal firearms and weapons at off-base locations."

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Above: Naval Mobile Construction Battalion (NMCB) 1 E DET New Mexico members raise the final exterior wall on a one bedroom home for the for underprivileged Navajo families of the local area. (U.S. Navy photo/Released)

Left: Naval Mobile Construction Battalion (NMCB) 1 Det Gallup included: CE3 Dakota Healy, BUCN Julian Nino, UT2 Elroy Perkins, UTCN Quintonn Whitwer, CM2 James Forbis, UTCN Katie Keplinger, CM3 Timothy Roundsville, Ensign Chathuran Abeywickrama, CE1 Richard Daniels, BUCN Casey Hampton, EO3 Justin Chrisman, BUCN Rebecca Szarmach, BU1 Dustin Bozzo, HM2 Sean Heard, BUCN Henry Saunders, BUC Eric Van-norman, BUCN Jeffery Sperry, UTCN Brandon Inglasbe, BUCN Zachary Kas-sube, CM2 Eric Ryan, and EO3 Stacey Shedenhelm. NMCB 1 is currently home-ported at Construction Battalion Center Gulfport for technical and military training. (U.S. Navy photo/Released)

NMCB 1 'Bees build homes in New Mexico

By EO3 Stacey Shedenhelm
NMCB 1 Public Affairs

On May 1, 21 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 deployed to Gallup, N. M. to provide engineering support to the Southwest Indian Foundation (SWIF) as part of the DOD Innovative Readiness Training (IRT) program.

The SWIF builds one to three bedroom houses for underprivileged Navajo families in their Gallup warehouse and once complete, places the houses on foundations within a 60 mile radius of the city. Master Sgt. Liberty and Master Sgt. Terry of the Air National Guard

joined the Seabees in Gallup as IRT liaisons.

During the 16-day deployment, the team comprised of builders, plumbers, electricians, mechanics, equipment operators, and one corpsman, came together and performed work on two 971 square feet, three bedroom houses and one 768 square feet one bedroom house.

Work on the first three bedroom house consisted of finishing drywall, installing siding, and installing doors. The work on the second three bedroom house consisted of rough plumbing and electrical work, installing insulation, hanging and finishing drywall, and in-

stalling siding. The crew responsible for the third bedroom of the house constructed the sub-frame, erected the framing, placed the rafters, completed the rough electrical work, and insulated the room.

The crew worked on the one bedroom house from the beginning. Once the Seabees constructed the subfloor and erected the frame for the exterior and interior walls, they began the rough plumbing and electrical work for the house and installed all of the roof rafters.

A three-person crew was sent out to one of the sites and placed 122 concrete blocks for a foundation. A crew

of two equipment operators and one mechanic went to another site and cleared four acres of land for three house sites and access roads. The crew also trenched six footers for the foundation of a house.

The Seabees, all from the Convoy Security Element (CSE), deployed to Gallup with the goal of creating team unity and camaraderie as they prepare for their upcoming and intense training cycle. With limited building and framing experience, the team came together to learn and practice new skills in and out of their respective rates. Construction Mechanic Eric Ryan and Hospital Corpsman 2nd Class Sean

Heard, were presented with command coins from the 176th Civil Engineer Squadron from the Alaska Air National Guard by Liberty for excelling outside of their rate. In addition, UTCN Quinton Wittwer and BUCN Casey Hampton were recognized with letters of appreciation from the IRT for the work they performed while inventorying and organizing the IRT tool trailers.

The time the Seabees from NMCB 1 spent in New Mexico successfully strengthened the CSE team's harmony and efficiency and created new, positive relationships with the community of Gallup and the Navajo Nation.

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Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates.

Email us at !DEVGRURecruiting@vb.socom.mil or contact your detailee to request additional information.

NCBC website is back in business . . .

The Naval Construction Battalion Center website is back online and updated. Please go check it out and save it to your favorites:

http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

Congratulations to NMCB 133 Runnin' 'Roos



Cmdr. Nicolas Yamodis, commanding officer, Naval Mobile Construction Battalion (NMCB) 133, gives Builder Constructionman Clifford Simmons the authority to assume the responsibility and wear the uniform of a Petty Officer Third Class during a frocking ceremony aboard Naval Construction Battalion Center Gulfport June 13. Simmons was one of more than 70 Sailors selected for advancement from the March 2013 cycle. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

Seabees run away with Army Birthday Challenge



Left: Builder 1st Class John Watters (front) and Builder 1st Class Brandon Audie, both Naval Construction Training Center (NCTC) Gulfport Delta Company instructors, run for the finish line during the 3rd annual Army Birthday Challenge at Seabee Lake on board NCBC Gulfport, June 14. The challenge consisted of a 5-kilometer 35-pound ruck sack footrace followed by a 120-meter swim across Seabee Lake. Watters and Audie were the 2013 first place win-



ners. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released) Right: U.S. Army Capt. Mathew McCarthy, company commander, Charlie Company, 169th Engineer Battalion, congratulates Builder 1st Class Brandon Audie, center, and Builder 1st Class John Watters, on winning the 3rd annual Army Birthday Challenge. (U.S. Navy photo by Engineering Aide 1st Class Dennis Denney/Released)

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

Shooting the Move



Prepare all you want, but in the end, every move is a craps shoot.

In two days, our movers arrive to take our belongings to Rhode Island. No matter what I do, something will be lost, stolen or arrive broken. I can only pray that it's that particleboard microwave cart I've always hated that somehow miraculously survived our last seven military moves.

Our first mover's name was "Rusty," a swarthy, seasoned trucker, who'd seen many a military transfer. Over lunch, he sat on the hydraulic platform at the back of his rig and told us stories of moves gone by.

"I've never had a late delivery. Even back in my drinkin' days, I didn't miss a beat. Why, one time after a fifth of Wild Turkey, I drove from Mississippi clear into Texas and had absolutely no recollection of it."

As we watched him drive off with our priceless belongings, we muttered a quick prayer that he would stay off the sauce a bit longer.

Our move from England to Virginia was oh so civilized. The British movers were friendly young mates, who

properly sat together with us at our kitchen table munching on fish, chips and pints of lager for lunch. As they drove off with our neatly packed belongings, we bid our new friends "tarah."

Only later did we realize that they'd "nicked" our telly.

When we moved to Virginia, we requested a "full unpack" because we knew we would not have much time for unpacking with an infant and toddler. As luck would have it, the movers were two hours late, left early, and refused to unpack boxes or assemble beds.

To make matters worse, one Muslim member of the moving crew took a break to pray in our spare bedroom in honor of Ramadan. That was not the problem. The issue was that, 10 minutes before he had entered the room, I had hidden in that same bedroom's walk in closet to nurse the baby.

Deep in prayer, apparently facing Mecca, he was quite surprised to see me pop out of the closet, blurting, "Howdy, Mohammed! Sorry to interrupt, I'll just scoot on out of here and leave you in peace. Toot-a-loo!"

Years later, we moved to Germany, and were naively hopeful for a problem-free move. I put out coffee and doughnuts. I bought lunch and cold drinks. I supplied reclosable storage bags, tape and permanent markers for the movers to pack hardware.

A few hours later, I watched in horror, as a crewmember formed a little hammock with his shirt, and used it to carry all our furniture hardware

pieces over to the truck, then threw handfuls of the pieces in between furniture and boxes. I immediately protested, reminding him of the baggies I gave him for this purpose. "Trust me Ma'am, just shake out the paper at the bottom of the crate when you get there. You'll see, all the pieces will be there."

Of course, they were not.

And our last transfer to Florida seemed as if it was our first problem free move. We were so pleased with the German moving crew who were thorough, polite, appreciative, and hard-working -- with seemingly super-human strength. After watching two men carry our piano down four flights of stairs, we thought the crewmembers were heroes. It wasn't until we unpacked six months later at our current home that we realized they had stolen my husband's entire irreplaceable military coin collection.

So what am I saying? Should we all forget about the reclosable baggies and permanent markers? Should we give up on buying the movers lunch to "butter" them up? Should we completely throw caution to the wind and hit the beach on moving day?

Probably not a good idea. But, we should realize that all military moves are a gamble, and the only thing we can be certain of is that the damned microwave cart will live to see another day.

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

Health Watch:

Exceptional Family Member enrollment information for you

By HM2 Izabela Brazinsky
NBHC Gulfport

Are you and your family up for PCS orders? Has the medical condition that is reflected on your EFM package changed?

If you answered "Yes" to either of these questions, then it's time to update your EFM package!

The Exceptional Family Member program is mandatory for spouses and children that have medical and educational needs which require special consideration for the family's location. Because of this, it is important that you enroll and maintain EFM status as applicable. Failure to do so will result in possible relocation of family members away from the Active Duty service member.

If you have any questions, please contact HM2 Izabela Brazinsky at 228-822-5754, NBHC Gulfport Dental Clinic; or Mary Ann Robinson at 228-871-4257, Fleet and Family Support Center (FFSC).

Keesler Medical Center works to improve community health

By 2nd Lt. Allanna Jones
81st Training Wing Public Affairs

Technology is an ever-changing realm that has contributed to the efficiency of day-to-day life.

At Keesler Medical Center, Major (Dr.) Oliver Wisco and Major (Dr.) Jennifer Alfar from the dermatology department have taken medical evaluations to a whole new level with the Hospital Without Walls Program.

A more official title for the program is, Extension for Community Healthcare Outcomes and more commonly called eConsult, it is a collaborative effort launched simultaneously as a tri-service effort across the Department of Defense as well as with our Federal healthcare partners, the VA and the Indian Health Service.

The eConsult allows easier access for primary care providers to have the ability to seek consultation from specialists via electronic media.

"The program was put in place because we wanted something mobile," said Wisco, dermatology clinic chief. "With the limited number of specialty doctors, this program will help primary care providers perform, by creating an education platform and eliminating the need to see a specialist depending on the severity of the case."

There are more patients being sent to dermatology than there are physicians available to assist them. Most bases don't even have a dermatology department, so patients are referred to off base dermatologists.

"A lot of the cases we see can be easily treated by the primary care providers but because it's not their specialty the patients get sent to us," said Wisco. "This is where the eConsult could be utilized. The program will free up specialty doctors to see severe cases and expand primary care providers' knowledge of symptoms. See **COMMUNITY** page 11



Come out to the
Beehive and win
one of these
at the
Dart Tournament
June 26, 7 p.m.

MWR
Naval Construction
Battalion Center Gulfport

1ST ANNUAL BEEHIVE
DART
TOURNAMENT
Wednesday, June 26TH at 7PM

- \$15 entrance fee (includes a beverage tasting & light snacks)
- 1st, 2nd and 3rd places win their share of the pot!
- Spaces are limited
- BYO darts encouraged



OPEN TO ALL ELIGIBLE PATRONS & THEIR GUESTS



All participants must register and pay by COB June 19 at the Beehive, Bldg. 352
Hours: Mon-Thurs 4:30-10:30pm, Fri 4:30-11:30pm, Sat 5-11:30pm
For more info call: 871-4009

Duck, Dive, DODGE!

MWR
Military Recreation
Center

Sign up today at Fitness or call 822-5109 for the

ULTIMATE DODGEBALL GAME

Dodge Ball
Friday, June 28
7:30 a.m.
Fitness Center
FREE

Sign ups are open to all Commands.

OPEN TO ACTIVE DUTY

Contact Sam Perkins
samuel.perkins@navy.mil
for more details

Captain's Cup Points will be awarded.

MWR
NOW SHOWING

Movie Theatre and Training Hall: Grab a box of popcorn and relax in front of a good movie this week at the training hall. You have no excuses – the movies are FREE!

June 21: 6 p.m., The Croods, PG
June 22: 11a.m., Oz the Great and Powerful, PG13;
2 p.m., The Croods, PG; 4:15 p.m., 21 and Over, R;
6:15 p.m., Admission, PG13
June 23: 6 p.m., Jack the Giant Slayer, PG13

MWR Program contact information

Anchors & Eagles	228-871-4607
Auto Skills Center	228-871-2804
Beehive All Hands Club	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
Shields 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

June 20, 2013

Seabee Courier

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NCBC Helping Hands volunteer opportunities

VOLUNTEERS TO BUILD HANDICAP RAMPS - Volunteers are needed to build two handicap ramps in Saucier and Biloxi. The Saucier project is short fused - and will begin June 21. The Biloxi project should begin in near future. If you are interested in helping, please contact Susan at Fleet and Family Support Center (FFSC), 228-871-3640 or 228-424-2947.

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 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 create a volunteer profile through 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. We look for-

ward 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.

INTERESTED IN VOLUNTEERING DURING A DISASTER? Volunteer Gulf Coast at United Way offers free training on how to assist with set up and operations for a Volunteer Response Center. The next

training will be July 10, 8:30 - 10 a.m. at the knight Nonprofit Center in Gulfport. RSVP to jhosey@unitedwaysm.org or visit unitedwaysm.org for details.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

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.

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

From **COMMUNITY** page 9

while saving money the program will also provide patients with the best dermatology care, availability of up-to-date specialty care and near real-time feedback to PCMs. Though this program is still in the planning stage with no exact date for release, there is great promise in this cost and time saving endeavor said Wisco.

Wisco said the program supports cost conscience culture by saving off base consult fees

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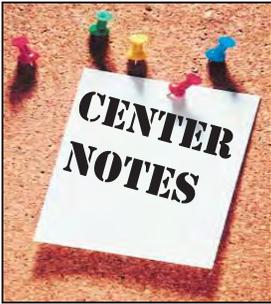


GULF COAST USO

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



"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. Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133fsg>.

FOCUS

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

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@yahoo.com. We hope to see YOU soon!

Navy Wives Clubs of America, Inc.

The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area. 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 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 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://nmc62alumni.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, 228-871-2488 or Robert Smith at 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.

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

Summer Fun

Toddlers attending the Child Development Center (CDC) on board NCBC Gulfport have fun playing outside in the sprinkler in the backyard of the CDC, June 12. Playing in the sprinkler is a good way for kids to stay cool on a hot summer day, but it is always important for them to stay hydrated, wear light clothing and have on sunscreen. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Due to the Government Furlough the NCBC Commissary will close on Mondays and Tuesdays in July.

