

# SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

August 6, 2015

## NCG2 welcomes new commodore



Naval Construction Group TWO's (NCG 2) outgoing commodore, Capt. John Adametz, passes the command colors to incoming commodore, Capt. Paul Odenthal. NCG 2's change of command ceremony was held at the Naval Construction Battalion Center (NCBC) Gulfport Training Hall, July 30. (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

See change of command, page 6

## Richardson confirmed as next CNO

By MC1 Elliott Fabrizio  
Chief of Naval Operations  
Public Affairs



Washington (NNS)-- Adm. John M. Richardson, director, Naval Nuclear Propulsion Program, was confirmed by the Senate as the 31st Chief of Naval Operations (CNO) Aug. 5.

Richardson will replace Adm. Jonathan W. Greenert who has been CNO since September 2011. Vice Adm. Frank Caldwell, who was also confirmed by the Senate today, will succeed Richardson later this month as the director, Naval Nuclear Propulsion Program.

"I am honored and humbled to have been nominated and confirmed to succeed Adm. Greenert as our Navy's next Chief of Naval Operations," said Richardson. "Adm. Greenert and his wife, Darleen, have been tireless and superb advocates for our Sailors and their families. I am deeply grateful for their service to our Navy and nation. I am excited to lead the extraordinary men and women in the world's greatest Navy."

The change of office ceremony will be held in September at the United States Naval Academy.

Richardson, 55, hails from Petersburg, Va. He

graduated with a degree in Physics from the U.S. Naval Academy at Annapolis, Md. in 1982. Richardson also holds Masters Degrees from the Massachusetts Institute of Technology, the Woods Hole Oceanographic Institution, and the National War College.

As one of the Navy's top leaders, Richardson has a broad-based record as an operational commander. Richardson commanded the nuclear attack submarine USS Honolulu (SSN 718), served as a naval aide to the President of the United States, as well as numerous other assignments through his career. Richardson received the prestigious Vice Adm. James Stockdale for inspirational leadership award in 2001, among a long list of personal and unit awards.

For a biography on Adm. Richardson, visit [www.navy.mil/navydata/bios/navybio.asp?bioID=440](http://www.navy.mil/navydata/bios/navybio.asp?bioID=440).

# Maternity leave guidance released

## From the Chief of Naval Personnel

WASHINGTON (NNS) -- As promised in the July 2 ALNAV - <http://www.npc.navy.mil/bupers-npc/reference/messages/Documents/ALNAVS/ALN2015/ALN15053.txt> release, NAVADMIN 182/15 announces Navy specific maternity leave information for expecting and new mothers since the start of the new year.

Secretary of the Navy Ray Mabus announced on July 2 that effective

immediately, women who serve in the Navy and Marine Corps will have 18 weeks of maternity leave available to use during the first year of her child's life.

"We have incredibly talented women who want to serve, and they also want to be mothers and have the time to fulfill that important role the right way," Mabus said. "We can do that for them. Meaningful maternity leave when it matters most is one of the best ways that we can support the women who serve our country. This flexibility is an investment in our people and our

Services, and a safeguard against losing skilled service members."

The guidance outlined in the NAVADMIN outlines how Sailors can work with their commands to take advantage of this benefit, while still aligning with operational commitments.

For more information, read the NAVADMIN (<http://www.npc.navy.mil/bupers-npc/reference/messages/NAVADMIN/Pages/NAVADMIN2015.aspx>).

Sailors with questions should consult their chain of command or send an email to [unspeople@gmail.com](mailto:unspeople@gmail.com).

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**Have an emergency?** Dial 911 when using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, **"My location is NCBC Gulfport"** before proceeding with detailed emergency information.

## OFF LIMITS



The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of April 21, 2015.

- Biloxi:** YaYa's, 2751 Pass Road; Club Veaux, 834 Howard Avenue.
- Gulfport:** Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49;
- Pascagoula:** Bunksmall Apartments, 708 South Pascagoula Street.

Rooney's Irish Pub, 1316 27th Avenue; Ice Daiquiri and Ultra Lounge, 1909 East Pass Road.

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 Sept. 30, 2014.



## NCBC Gate Hours

**Pass Road:**  
24 hours, 7 days a week

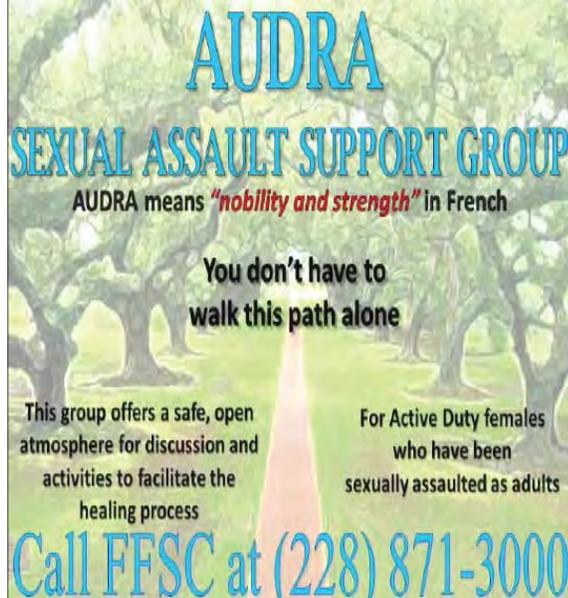
**Broad Avenue:**  
Monday-Friday,  
6 to 8:30 a.m. only  
Closed Saturday/Sunday  
and Holidays

**28th Street:**  
Monday-Friday,  
6 a.m. to 3 p.m., In-bound  
and 6 a.m. to 6 p.m., Outbound  
Closed Saturday/Sunday  
and Holidays



**Safe Helpline**  
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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.Safe-Helpline.org](http://www.Safe-Helpline.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.



## 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**

# Congratulations to all FY16 Chief Petty Officer selectees assigned to commands throughout NCBC Gulfport



Denise Quaid, head cook at the Grill, prepares breakfast orders for customers on board NCBC Gulfport, July 29. The Grill is open Monday through Friday, 7 a.m. to 1:30 p.m. The Grill offers dine in, pick up or delivery options. To place an order call 228-871-2494. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Left: Paul, an infant enrolled at the Child Development Center (CDC), plays with a toy on board NCBC Gulfport, Aug. 3. For more information about the CDC call 228-871-2323. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

Right: The NCBC Fire Department conducts a structural search and rescue firefighting course on board NCBC Gulfport, Aug. 4. The monthly training consists of fire hose operation, hand line operation, and strategies and tactics to help better prepare the first responders for situations that may arise. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



If you or someone you know is being abused, we want to help:



228-669-1774

24/7 Confidential  
Access to the  
Domestic Violence Victim Advocate

## 240th Anniversary Navy Ball

An area Navy Birthday Ball will be held from 6 – 10 p.m., Oct. 3, at Oak Crest Mansion Inn, 5267 Menge Ave., Pass Christian. Ticket sales (limited to 200), are expected to begin Aug. 15. Prices are pending, but finalization is expected shortly. Stennis Navy Ball Representative is Ensign Theresa Schultz, 228-688-5583/5479 or Theresa.schultz@navy.mil. For more information visit: <https://www.facebook.com/sscnavyball> or <http://msgulfcoastnavyball.weebly.com/> (doesn't work on NMCI).

# Buzz on the Street



By BUCN Elizabeth Mills  
NCBC Public Affairs

*"If you were an inventor, what would you invent?"*



"A time machine; that would be so cool."

Carlos



"Something that would pick up by baby sister's mess and clean the litter box."

Kathryne



"A robot that would make my bed, have super speed, cook food and defend me."

Paige



"A robot that could cook for me, because I don't know how to cook."

EJ



"Something that would make my bed. I have to make my bed every morning and it would make getting up easier."

Lucas



"A watch that would travel back in time or to the future."

Taija

# 7 Things to Know about Navy's PFA changes

*Key changes begin Jan. 1, 2016*

From Chief of Naval Personnel Public Affairs

1. An updated Physical Activity Risk Factor Questionnaire (PARFO) to better assess the health of a Sailor.
2. BCA has changed allowing a Sailor three opportunities based on body type and age to pass the BCA. The Sailor will be able to use the current height and weight measurements, single-site abdominal circumference measurement, or meet the DoD maximum allowable fat limit.
3. A Sailor will be separated for failing two PFA's in three years.
4. Effective immediately upon CO approval, a Sailor, who has not yet been separated due to multiple PFA failures, has a transition period between now and Dec. 1, 2015 to stay in, providing they pass a mock or official PRT.
5. COs will conduct PFA spot checks. Failure may result in command FEP enrollment and diet/nutritional counseling as resources to help ensure Sailors stay or get in shape.
6. A fitness award will be issued to those Sailors who score outstanding for three consecutive PFA Cycles.
7. Health and Fitness Initiatives will be published between now and January 2016.

Check NAVADMIN 178/15 for more details about the changes.

20th Annual Seabee Volkslauf



## MUD RUN 2015

**SATURDAY  
SEPT 19<sup>TH</sup>  
@ 7 am**  
Family Fun Run @ 9 am  
**AT NAVAL  
CONSTRUCTION  
BATTALION CENTER  
GULFPORT, MS**  
**OPEN TO THE  
PUBLIC**  
Gates open at  
**5:30am**

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<https://register.chronotrack.com/r/13782>  
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# NCBC National Night Out



Residents of Naval Construction Battalion Center (NCBC) housing gathered for National Night Out on board NCBC, Aug. 4. Sponsored by Balfour Beatty Communities, in partnership with NCBC Security, the annual event promotes crime prevention, police and community partnership and neighborhood unity. The fun-filled event included crime prevention tips, demonstrations and displays, unlimited free snowballs, give-a-ways, a DJ and a bounce house. The event has been held annually since 1984. (U.S. Navy photos by Builder Constructionmen Alexandria Marek and Elizabeth Mills/Released)



August 6, 2015

## Peak Hurricane Season is here

Do you know what you and your family will do if a hurricane heads toward the Gulf Coast? Get immediate

NCBC Gulfport Tropical Cyclone Condition Updates, Emergency Information and Evacuation instructions by following the Seabee Center on Facebook and Twitter.

To join NCBC Facebook and Twitter, log on to <http://www.facebook.com> and "Like" Naval Construction Battalion Center. To learn what you can do to be ready for Hurricane/Typhoon 2015 season, visit the Ready Navy web site



at: [http://ready.navy.mil/be\\_informed/natural\\_hazards/hurricane\\_typhoon.html](http://ready.navy.mil/be_informed/natural_hazards/hurricane_typhoon.html) and the NCBC Gulfport Emergency Management page: [http://www.cnic.navy.mil/regions/cnrse/installations/nbc\\_gulfport/om/emergency\\_management.html](http://www.cnic.navy.mil/regions/cnrse/installations/nbc_gulfport/om/emergency_management.html)

## Keep What You've Earned

You may think your drinking habits are normal, but sometimes it's hard to spot warning signs of a drinking problem in yourself or others. Some of the signs of a drinking problem include: drinking more than intended; having memory blackouts when drinking; and problems with family, friends or the law caused by your drinking. It helps to know these signs so you can make a change early.

## What's on sale at the NCBC Commissary?

Check out the sales flyer from DeCA on the commissary website. You have two options, one to view with prices after confirming you are an authorized commissary patron, and the second is percentage of savings that may be viewed by all visiting the site. Use the following link to get the flyers: [https://www.commissaries.com/log\\_in/html/savings\\_aisle.cfm](https://www.commissaries.com/log_in/html/savings_aisle.cfm)



Seabee Courier

# NCG2 holds change of command ceremony

By NCG2 Public Affairs

Capt. Paul Odenthal assumed command of Naval Construction Group (NCG) 2, July 30 at 1 p.m. The ceremony was held at the Training Hall on board Naval Construction Battalion Center (NCBC), Gulfport.

Odenthal relieved Capt. John Adametz, who will become the next commanding officer for Naval Facilities Engineering Command Southwest in San Diego. Adametz became the commander of NCG 2 in August 2013, and he oversaw the movement of Atlantic Reserve Seabee headquarters to the Gulfport area, establishing a greater access for Reserve Seabee units in specialized training, medical readiness and overall operational readiness. He also supported current and future operations of deployed Seabees in five Combatant Commander (COCOM) Areas of Operation driving the employment of over 2,500 Seabees.

"Over the last two years, the men and women [of NCG 2] have transitioned from a newly-formed command to leaders



**Naval Construction Group TWO's (NCG 2) new commodore, Capt. Paul Odenthal, renders honors as he leaves the change of command ceremony on board NCBC Gulfport, July 30.** (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

in the expeditionary enterprise in several areas of program management, logistics and mission execution," said Adametz. "You have overcome challenges and have, without fail, continued to produce and deploy ready Sailors for Navy missions around the globe.

Your recognition is hard-earned and well-deserved and I could not be prouder to have served with you."

Odenthal most recently served as the commanding officer of NCBC Gulfport. Odenthal transferred his authority of the base earlier in the day in a separate ceremony. He has also been the commanding officer of Naval Mobile Construction Battalion (NMCB) 133, homeported in Gulfport, as well as serving in various other commands such as the First Naval Construction Division as the Assistant Chief of Staff for Logistics and Naval Facilities Engineering Command Mid-Atlantic.

NCG 2 is an echelon four command, directly in charge of manning, equipping and training all Atlantic-based Seabees and combat camera personnel. The command oversees two naval construction regiments, five naval mobile construction battalions, a construction maintenance battalion unit, an underwater construction team and expeditionary combat camera-roughly 3,100 Sailors.



**Rear Adm. Frank Morneau, Navy Expeditionary Combat Command (NECC) commander, presents outgoing Naval Construction Group TWO (NCG 2) commodore, Capt. John Adametz with his award during a change of command ceremony, July 30. The ceremony was held on-board Naval Construction Battalion Center (NCBC) Gulfport.** (U.S. Navy photo by Chief Mass Communication Specialist Athena Blain/Released)

**Yard Sale - Base Housing - Aug. 15, 8 a.m. - 1 p.m.** Balfour Beatty Communities will post advertising info on Facebook for housing participants. For more information, call the Housing Office at 228-863-0424 or email lladner@bbcgrp.com

## NCTC volunteers put skills to good use at local school



Seabees attached to Naval Construction Training Center (NCTC) on board Naval Construction Battalion Center (NCBC) Gulfport, volunteer their time, Aug. 3 at W. J. Quarles Elementary School in preparation for the new school year. The crew placed 12 cubic

yards of concrete for a new sidewalk at the school playground. NCTC has adopted the Long Beach school, donating their time and skills where needed, most recently repainting the school's hallways. (U.S. Navy photo/Released)

# NMCB 5 and NAVFAC PWD Yokosuka save Navy money

By James Johnson  
NAVFAC Far East Public Affairs

Naval Mobile Construction Battalion (NMCB) 5 and Public Works Department (PWD) Yokosuka Self-Help completed a project to save the U.S. Navy nearly \$450,000 at the Negishi Housing Area, Yokohama, Japan, July 17.

"With the closing of Negishi, there are far fewer residents and tenants who reside on this base. The project to install hot water heaters for the remaining tenants will allow us to shut down the two

steam boiler plants that we have," said Lt. Cmdr. Arce Doble, PWD Yokosuka production officer. "That will help us realize not only energy savings, but monetary savings as well, to the order of \$400,000 to 450,000."

Seabees installed individual water heater units at homes of the 15 remaining families at Navy housing facility. The boiler plants are scheduled to discontinue service on Aug. 1. The Negishi Housing Area will be placed in a caretaker status in late 2015, after the last Navy family has moved away.



Utilitiesman 3rd Class Dakota Nordmeyer, Naval Mobile Construction Battalion (NMCB) 5, installs piping as part of water heater installation project at the Negishi Housing Area, Yokohama, Japan, July 8. The project will allow larger boiler plants to close, saving energy and dollars for the U.S. Navy. (U.S. Navy photo by Builder 3rd Class Andrew Haser/Released)

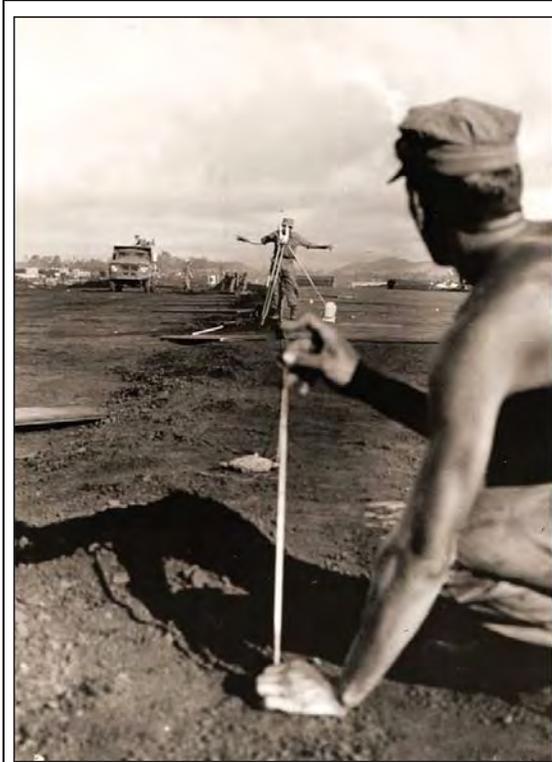


## Feds Feed Families Food Drive July 7 - Oct. 31

Federal employees are working together to collect food nationwide for local food banks. Please bring non-perishable food items to drop off locations on board NCBC Gulfport: NEX, FFSC, Liberty Center, NBHC, Commissary, Seabee Chapel, Housing, all quarterdecks.

## See Something Suspicious, Say Something Immediately!

Report suspicious activity ... which is defined as any observed behavior that could indicate terrorism or terrorism-related crime. Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement. Call 228-871-2361 or 911.



Engineering Aide's surveying airstrip at Khe Sanh, RVN - Engineering Aide 3rd Class JJ Sweenes, (background), and Engineering Aide Constructionman P. Martin check alignment of an airstrip under construction. NMCB 10's detachment pushed night and day to revamp and extend the airfield in order to complete the vital project three days ahead of schedule. (Photo courtesy of U.S. Navy Seabee Museum/Released)

# Back in time . . . Seabee history - Vietnam Era This week in Seabee History

**Aug. 6**  
1945: A U.S. Army Air Force B-29 bomber, called the Enola Gay, took off from North Field on the island of Tinian and later in the day dropped an atomic bomb on Hiroshima, Honshu, Japan. This was the first time that the weapon, until then held secret, was used for a military purpose. The bomb destroyed over four square miles of the city and brought death or injury to over 160,000 people. Seabees of the Sixth Naval Construction Brigade participated in many phases of the operation. When the USS Indianapolis arrived at Tinian from the Naval

Weapons Center, Port Chicago, Calif., Seabees helped with the unloading of the components of the atomic bomb. The Seabees then stored the elements in a shed built by themselves, and they then organized a detachment to guard the shed and its mysterious contents. Scientists assembled the atomic bombs in the shed with several Seabees assisting as handymen. Later when she started on her mission to Japan, the Enola Gay, with her atomic bomb, took off from Tinian's North field which the Seabees had built.  
**Aug. 8**  
1951: The U.S. Navy Bureau of Yards and Docks

Supply Depot, Davisville, RI was disestablished. In its place, BuDocks established USN Advance Base Depot, USN Construction Battalion Center, USN Advanced Base Tactical Training Center, USN Advanced Base Supply Depot, CBC, and USN Construction Equipment Depot, Davisville, RI.  
**Aug. 9**  
2002: First Naval Construction Division commissioned at NAB Little Creek, Norfolk, Va., under command of Rear Adm. Charles R. Kubic. The Division unified the Atlantic and Pacific Naval Construction Forces as a unified Seabee command for worldwide operations.

# Focus on Education

## Education Notes

### Evening Counseling

Fleet and Family Support Center (FFSC), offers evening counseling for individuals, couples and families. For more information, call FFSC at 228-871-3000.

### Navy-wide Advancement Exams

Advancement exams will take place as follows at Building 433 (Tactical Training Facility): Sept. 3 (E6), Sept. 10 (E5), Sept. 17 (E4). Doors open at 6:30 a.m. Be in the Uniform of the Day and bring valid CAC.

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

**Alabama Sales Tax Holiday** - Alabama will hold its 10th Annual Sales Tax Holiday, Aug. 7, 12:01 a.m. until Aug. 9 at midnight. This will afford shoppers the opportunity to purchase certain school supplies, computers and clothing free of state sales tax. Local sales tax may apply. For more information on the Alabama Sales Tax Holiday, visit: <http://revenue.alabama.gov/salestax/SalesTaxHol.cfm>

## Note from NCBC School Liaison Officer regarding Alternate School Districts

Parents:

If you live on base and want to take advantage of the law that allows your children to go to an adjacent school district you do not need a district transfer. The key is "live on base." If you live off base you will need a district office transfer form signed by the superintendent. Point of contact for further information is Kevin Byrd, 228-871-2117 or [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

## Preparing 'Solar Ready Vets' for future careers

By MCSN William B. Dodge

Navy Public Affairs Support Element, East

CHESAPEAKE, Va. (NNS) -- Students from the inaugural class of the Solar Ready Vets are slated to graduate from Tidewater Community College (TCC) in Chesapeake, Virginia, on Aug. 17, after six weeks of training in solar energy system installation.

Since September 2014, the Department of Energy (DOE) has formed a joint partnership with Naval Station Norfolk and Hampton Roads, as well as various military installations across the U.S., to provide active duty service members nearing the end of their enlistment with possible career options.

"This program was put together to give to vets who are nearing the end of their careers, an opportunity to train in the solar industry," said Barry Rice, an instructor with TCC.

The courses take place on or nearby military installations and are led by U.S. DOE master instructors using solar photovoltaic equipment. The pilot program prepares veterans for careers as solar energy system installers, sales representatives and system inspectors. The DOE covers all costs for tuition, materials and exam fees.

"You have a family of five and you're used to making so much, and you go to the civilian sector and it's a fraction of what you make, so this opportunity gives you a footing," said Aviation Boatswain's Mates (Fuels) 1st Class Shane Hawkey.

At the end of their training, service members will take the North American Board of Certified Energy Professionals Photovoltaic Entry Level Certification Exam. They will also receive employment interviews from major U.S. solar companies in hopes of finding full-time employment. As of 2014 the U.S. solar industry employed 174,000 professionals and is poised to add 35,000 additional full-time employees each year.

"Anyone who has training in the solar industry is definitely going to have a leg up on acquiring those jobs, and that's what we're trying to do here," said Rice. "We want to impart the knowledge, get them acclimated to the industry and the way the industry operates, and once they get that information on their resumes, get them able to speak intelligently on the industry."

For more news from Navy Public Affairs Support Element, East, visit [www.navy.mil/local/pacenorfolk/](http://www.navy.mil/local/pacenorfolk/).

## Parents/Students

Your copy of the 2015/2016 Mississippi Gulf Coast School Guide is available at: [http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport/ffr/relocation\\_assistance/schools.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/ffr/relocation_assistance/schools.html)



## JOB FAIR

Expecting 35 actively recruiting employers!

**When:** Aug. 19

**Time:** 10 a.m. - 2 p.m.

**Where:** Naval Operational Support Center (NOSC) Building 114

Bring your resume and come prepared to interview. Everyone with authorized access to NCBC Gulfport is invited. Call 228-871-3000 for additional information.

Hosted by Fleet and Family Support Center (FFSC) Gulfport



NCBC Gulfport  
School Liaison Officer Kevin Byrd  
MWR, Building 352, 1706 Bainbridge Ave.  
Phone: 228-871-2117  
email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## The Hair of the Dog

I'll admit it, I've got a problem.

I wake up each morning, brain sluggish and throat dry. I'm not thinking straight, but I know one thing for certain: I'll need a drink to get through the day.

Although "the hair of the dog" is precisely my problem, booze has nothing to do with it. I need coffee every morning, and lots of it, to face the fact that the dog is shedding.

I didn't believe those who warned us.

"You're getting a lab?" they said in disbelief. "You know labs shed, right?"

Yeah, yeah. Whatever.

Back in March, when I first set eyes on our then eight-week old yellow Lab puppy, people could've warned me that he would grow up to have poisonous tentacles, razor sharp claws, and skunk-like scent sacs. I simply didn't care. He looked just like one of those

impossibly adorable LL Bean catalog puppies, and nothing, including common sense, was going to stop me from taking him home.

Throughout the spring, our new dog "Moby" shed a hair here and there, but we were too busy dealing with other puppy-related issues such as potty training and needle teeth wound care to notice.

But then, summer came. Moby turned six months old a week ago, and to celebrate, his follicles have apparently decided to take a vacation. Accordingly, his stiff little yellow hairs have been granted their freedom to explore every nook and cranny of our household.

It all happened quite suddenly. One day, to praise Moby for returning the pair of underwear he had stolen from my son's room, I reached down to stroke his back. He gave me several licks to the face before I noticed that I had a veritable catcher's mitt of dog hair covering my hand.

Since then, dog hair has permeated every aspect of our lives.

First thing in the morning, my scratchy throat is the sure sign that I've inhaled several hairs in the middle

of the night, triggering sudden coughing fits. When I shake the covers to make our bed, puffs of hair become airborne, creating a cyclone of dog hair that glows visibly in the morning light, before gently drifting back down to settle on our bedspread, ready to be inhaled another night.

I often find a hair floating in my morning coffee and have to fish it out with a finger. If I miss, it ends up on my tongue. Strangely, I can feel it, but somehow can't seem to find it. Eventually, I swallow and hope that dog hair doesn't have too many carbs.

The rest of the day, I find mats of hair in the lint trap, tumbleweeds of hair drifting down the hallway, tufts of hair on the upholstery, balls of hair on the bathroom rug, blankets of hair in the vacuum filter, tangles of hair on the fan blades, and a generous sprinkling of hair on carpets, furniture and fixtures.

Also, thanks to my unfortunate mistake of allowing Moby to ride along in the minivan to drop my teenage daughter off at her summer job, anyone who enters our vehicle gets out looking like Chewbacca.

I didn't think it was



canine-ly possible for a dog to shed so much hair, much less for it to end up on top of our refrigerator, baked into the meatloaf, or woven into my toothbrush bristles. In a strange and incredibly annoying sort of way, dog shedding is quite miraculous.

In fact, it will be a miracle if I survive this process without hacking up a hairball myself. But in the meantime, I guess I have no choice but to love every hair on ... or off ... Moby's adorable little head.

*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](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*



## Naval Station Guantanamo Bay performs Public Health Review

From Commander, Navy Installations Command Public Affairs

GUANTANAMO BAY, Cuba (NNS) -- Commander, Navy Region Southeast (CNRSE) is working with Navy public health and environmental experts to conduct a preliminary inquiry into allegations of cancer among personnel assigned to the Department of Defense Office of Military Commissions site at Naval Station (NS) Guantanamo Bay.

In response to a notification on July 14, 2015, Commander, Navy Region Southeast (CNRSE) is working with Navy public health and environmental experts to conduct a preliminary inquiry into allegations of cancer among personnel assigned to the Department of Defense Office of Military Commissions site at Naval Station Guantanamo Bay.

The complaint alleges that military and civilian personnel who worked at the Commissions area of Guantanamo Bay were likely exposed to carcinogens. According to the complaint, up to seven individuals who lived and worked in the area have subsequently been diagnosed with cancer.

In response to this complaint, CNRSE and NS Guantanamo Bay Commanding Officer Capt. David Culpepper have requested the support of the Navy and Marine Corps Public Health Center (NMCPHC) and other Navy environmental officials to review available records pertinent to the site and the allegations in the complaint.

As part of their review, NMCPHC public health experts are reviewing historical medical records of the individuals identified in the

August 6, 2015

Seabee Courier

**Energy Savings Tip:** Cover Up ... Have a swimming pool? Use a pool cover! If you cover your pool when you're not using it, you'll prevent the loss of thousands of gallons of water a month from evaporation, and (bonus!) you won't have to clean it as often.



See **REVIEW** page 10

# NCBC Helping Hands

**GULF COAST WILDLIFE REHAB** – Gulf Coast Wildlife Rehab is asking for volunteers to work a concession stand at MGM Park in Biloxi, during Biloxi Shuckers baseball games. Game dates are Aug. 10 – 14, Aug. 24 – 27 and Sept. 3 – 7. Volunteers will receive free admission to the game that they are volunteering at, as well as refreshments. Volunteers must wear khaki shorts, a business-casual shirt and closed-toe shoes. Point of contact for more information is Joel Stiles, 228-623-2034.

**ADOPT A GRANDPARENT DAY** – Volunteers are needed to participate in Adopt a Grandparent Day 2015 event Sept. 12, from 10 – 11 a.m. or 3 – 4 p.m. at nursing homes across Harrison, Hancock and Jackson counties. For more information, contact Kate Lawler at [kate@marstonrogers.com](mailto:kate@marstonrogers.com) or call 228-832-9313. Sign up at [www.marstonrogers.com/events](http://www.marstonrogers.com/events).

**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](mailto:Region63@juno.com) or 850-890-6792.

**USS ALABAMA ALWAYS LOOKING FOR HELP** - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

**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@disabilityconnec-](mailto:office@disabilityconnec-)

[tion.org](http://tion.org).

**BUILD HANDICAP RAMPS** - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@uss.salvation-army.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.

**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** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through [www.usovolunteer.org](http://www.usovolunteer.org).

## Seabee Memorial Chapel

### What's happening at the chapel?

#### Protestant

##### Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)  
10:30 a.m. - Services

##### Weekdays

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

#### Catholic

##### Sunday

8:30 - Rosary/Confession  
9 a.m. - Mass

##### Weekdays

Monday, Tuesday & Friday – 11:15 a.m. - Mass  
**Thursday**  
5 p.m. - Holy Hour  
6 p.m. - Mass  
6:30 p.m. - Fellowship  
7 p.m. - Bible Study

Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at [gulfportchapel.fct@navy.mil](mailto:gulfportchapel.fct@navy.mil), or call us at 228-871-2454.

**NCBC Center Chaplain: Lt. Cmdr. Ammie Davis**

From **REVIEW** page 10

report to confirm the type of cancer and date of diagnosis. Historical environmental data is also being reviewed by NMCPHC to determine if there are any potential health risks from exposure to environmental hazards. This initial review must be completed before a final plan would be developed.

The initial records search is in coordination with NS Guantanamo Bay, Naval Facilities Engineering Command (NAVFAC) Atlantic and NAVFAC Southeast. To ensure an exhaustive process and review are met, the records

search could take several weeks. Additionally, while records review is taking place, a small team of PH professionals will be traveling to Guantanamo Bay next week to provide subject matter expertise for the base commanding officer and leadership.

Navy leadership is committed to the safety and security of all personnel at its installations and will provide regular updates on the progress of the inquiry at [http://www.cnbc.navy.mil/regions/cnrse/installations/ns\\_guantanamo\\_bay.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ns_guantanamo_bay.html), on the Armed Forces Network's weekly radio news program "Open Line," and in the pages of the "Guantanamo Gazette."



**Official U.S. Navy file photo of the North East Gate at Naval Station Guantanamo Bay, Cuba.** (U.S. Navy photo by Chief Mass Communication Specialist Bill Mesta/Released)



## MWR Program Telephone Numbers

<u>Facility Name</u>	<u>Phone</u>	<u>Facility Name</u>	<u>Phone</u>
Anchors and Eagles	871-4607	MWR Admin Ofc	871-2538
Auto Skills Center	871-2804	Outdoor Recreation	871-2127
Beehive	871-4009	School Liaison Officer	871-2117
Fitness Center	871-2668	Shields RV Park	871-5435
Aquatics	822-5103	The Grill	871-2494
Child Development	871-2323	Youth Activities	871-2251
Seabee Cinema	871-3299	Liberty Center	871-4684
ITT	871-2231		

**End of Summer Bash!**  
**FREE FOR ALL HANDS!**  
**FRIDAY, AUGUST 7, 2015**  
**1800 TO 2000**  
**AT LADD CIRCLE**  
**FREE FOOD!**



Regular movie showings  
 Thursday- Sunday of every week!  
 Showing this weekend:  
 Self/Less, The Gallows, MAX,  
 Magic Mike XXL, Terminator:  
 Genisys (\$1 SUNDAY SHOW). For  
 more information, call the 24-  
 hour Movie Hotline at 228-871-  
 3299 for show times.

**THE GRILL**  
 871-2494  
 Serving Breakfast & Lunch  
 Monday-Friday  
 7:00 AM - 1:30 PM  
 We deliver on base for  
 lunch 11:00 AM-1:00 PM

**AUGUST LUNCH SPECIAL**  
 BBQ pulled pork sandwich, topped with  
 pickles, accompanied by Cole slaw, fresh  
 chips and fountain drink for  
**ONLY \$6.50**

**NEW ORLEANS SAINTS**  
 ITT fun your 2015-2016 Saints Tickets!

**\$15 Preseason** (83% off regular price)  
 ITT MWR

**Preseason Tickets on SALE**  
**Friday, August 7<sup>th</sup>**  
 All Regular Season Games on Sale for \$70:  
 SEPTEMBER 8 (ACTIVE DUTY/ RESERVE ONLY)  
 SEPTEMBER 9 AND LATER (ALL ELIGIBLE PATRONS)



Classes available this week:  
 Virtual Fitness, Water Aerobics,  
 PiYo (Pilates/ Yoga), Yoga, NOFFS.  
 Sign up for DODGEBALL Challenge from  
 8/1-8/7, starts 8/14 OR Flag Football  
 from 8/1-9/1, Season starts on 9/15.  
 8/11 – Paddleboard Class  
 @ the Seabee Lake 4:30 p.m.  
 8/13 – Fun in the Sun Pool Circuit  
 @ 11:30 a.m.  
 Need Info? 228-871-2668

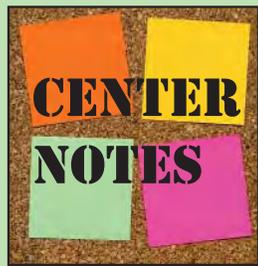


### GEAR UP GRILLMASTERS!

Rent a Pull behind  
 Charcoal or Propane BBQ GRILL  
 At **OUTDOOR RECREATION**  
 for only \$30-\$40!  
**NEED MORE INFO?**  
**228-871-2127**



8/8 @ 1 p.m. - All Sports Golf Battle, Prize to 1st & 2nd Place!  
 8/9 @ 11 a.m. - SHIP ISLAND Excursion, Gulfport, MS, \$19  
 8/11 @ 6 p.m. - Tournament Tuesday-Cut Throat Pool  
 Tournament, Prize to 1st Place!  
 8/13 @ 6 p.m. - FREE MOVIE THURSDAY AT SEABEE  
 CINEMA, Pick Up Ticket @ Liberty  
 8/13 @ 6 p.m. - Cooking Corner: Bratwurst  
 For more information, call Liberty @ 228-871-4684.



### SUPPORT

#### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth 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 all 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 [nmc11frg@gmail.com](mailto:nmc11frg@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](mailto: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@focusproject.org](mailto:Gulfport@focusproject.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, 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 for details.

#### TRAINING

##### Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. 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., 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 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, HM3 Aterberry, 228-341-1412 or Vice President, BUCN Miller at 228-343-7545 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. For more information, contact Post 3937 at 228-863-8602.

#### Ladies Auxiliary to the VFW 3937 Long Beach

Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 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 first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for info.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was re-commissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmc62alumni.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 looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

#### HERITAGE

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



# ABOUT TO SEPARATE?

Do you have courage, honor, integrity, loyalty, commitment, and humility?

JOIN THE  
GULFPORT POLICE DEPARTMENT  
TODAY!

RECRUITER:  
(228)868-5940  
[police recruiter@gulfport-ms.gov](mailto:police recruiter@gulfport-ms.gov)

[www.gulfport-ms.gov/police/employment.html](http://www.gulfport-ms.gov/police/employment.html)



## USO Back to School Bash

The USO Gulf Coast invites you to sign up for the 3rd Annual Back To School Bash Aug. 23, at Gulf Islands Waterpark. This event is for active duty military, reservists, guard, and their dependents. Children age 2 and under do not require a ticket for admission. If you have questions about the Back to School Bash, contact USO Gulf Coast at 228-248-0533.

For more information on the event and to sign up visit, <https://gulfcoastbacktoschoolbash.eventbrite.com>.

GULF COAST USO  
901 CBC 3rd Street, Building 114  
228-575-5224

Free services:

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

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

