

SEABEE COURIER

Annual honor in Rota



Service members assigned to Commander, U.S. Naval Activities Spain stand at attention during the annual-flag raising ceremony aboard Naval Station Rota, Spain, July 2. While raising the flag is a daily occurrence on most U.S. military installations around the world, Naval Station Rota is located on a Spanish naval base and only permitted to fly the American flag with special permission from the base's Spanish admiral in chief in accordance with the Agreement on Defense Cooperation. (U.S. Navy photo by Mass Communication Specialist 1st Class Brian Dietrick/Released)

SECNAV announces new Maternity Leave Policy

From the Office of the Chief of Information

Secretary Ray Mabus triples maternity leave: 18 weeks for women in the Navy and Marine Corps.

July 2, Secretary of the Navy Ray Mabus announced 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.

"In the Navy and the Marine Corps, we are continually looking for ways to recruit and retain the best people," Mabus said. "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. 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."

Department of Defense Instruction 1327.06, Leave and Liberty Procedures for the Department, charges Secretaries of the Military Departments with publishing departmental guidance in accordance with the DoD instruction. Under the section that delegates to the Secretary the ability to designate the level of control for convalescent leave that exceeds 30 days, Secretary Mabus has directed that commanding officers grant additional convalescent leave up to 84 days beyond the currently authorized 42 days

of convalescent leave following the birth of a child.

For families, increased time following the birth of her child has tangible benefits for the physical and psychological health of both mother and child. For the Navy and Marine Corps, there is the likelihood that women will return to and stay in her career, yielding higher readiness and retention for the services.

"When the women in our Navy and Marine Corps answer the call to serve, they are making the difficult choice to be away from their children - sometimes for prolonged periods of time - so that they can do the demanding jobs that we ask them to do." Mabus said. "With increased maternity leave, we can demonstrate the commitment of the Navy and Marine Corps to the women who are committed to serve."

The policy, which is effective immediately, will also apply retroactively to any woman who has been authorized convalescent leave following the birth of a child since Jan. 1, 2015. Under the new policy, commanding officers are required to grant to a woman up to a total of 18 weeks, using a combination of maternity leave and convalescent leave beyond 30 days. A mother does not need to take all of her leave at once; however, she is only entitled to the use of this type of leave within one year of her child's birth.

The Department of the Navy's increase in maternity leave is the latest in a series of personnel initiatives announced by the Secretary of the Navy.

COMEDIAN

BERNIE MCGRENAHAN

PRESENTS
A STAND-UP COMEDY SHOW

FOLLOWED BY A POWERFUL MESSAGE ON
SAFETY BYSTANDER INTERVENTION RESPECT RESILIENCY

"The most important foundation to our country today."
— Jay Byrnes, Daily News

"Best training I have seen in 30 yrs. of military service."
— Commander in Linda Wickham

COMEDY IS THE CURE

WWW.COMEDISTHECURE.COM

July 22, 2:30 p.m., Training Hall

SAPR/SUICIDE WORKSHOP

July 21-22, NOSC Drill Hall, Bldg 114

July 21: 8 – 10 a.m., Front Line Supervisors (E5-E9 and O1-O4); 10:30 a.m. – 12:30 p.m., Front Line Supervisors; 1 – 4:30 p.m., Leadership (CO/XO/OIC/CMC)

July 22: 8 – 11:30 a.m., Program Managers (SAPR Team, FAP, DAPA, Suicide Prevention Coordinators); 12:30 – 2 p.m., Working group with DAPAs and UPCs

Comedy is the Cure

All Hands Bystander Intervention Show
Featuring Comedian Bernie McGrenahan
July 22, 2:30 – 3:45 p.m.

Training Hall – ALL HANDS!

Identity Theft: It can happen to you!

By April Grant
Navy Office of the Chief of Information

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Identity theft, when a person wrongfully uses your Social Security number or other personally identifiable information (PII) to commit fraud, can happen to anyone. But it doesn't have to happen to you.

Taking the proper precautions beforehand can help reduce your chances of being at risk.

Once thieves have your personal information they can drain your bank account, run up charges on your credit cards, open new utility accounts, or get medical treatment on your health insurance. An identity thief can file a tax refund in your name and get your refund and, in some cases, give your name to the police during an arrest. And the road to recovery can be a long one.

Here are some tips on how to avoid becoming a victim:

- ~ Keep your documents in a safe place at home, and lock your wallet or purse in a safe place at work.
- ~ Limit what you carry with you, when you go out take only the identification, credit and debit cards you need.
- ~ Opt out of prescreened offers of credit and insurance by mail by calling 1-888-567-8688 or go to out.toutprescreen.com



~ Make sure you know who is getting your personal or financial information. Don't give out personal information on the phone, through the mail or over the Internet unless you've initiated the contact or know who you're dealing with.

~ Monitor your account statements and immediately report any unusual activity to your financial institution. If you are a victim of identity theft, the time to act is now. Go to www.identitytheft.gov to find out what steps you need to take.

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; Rooney's Irish



- Pub, 1316 27th Avenue; Ice Daiquiri and Ultra Lounge, 1909 East Pass Road.
- Pascagoula:** Bunksmall Apartments, 708 South Pascagoula Street.

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.

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

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

Safe Helpline
 Sexual Assault Support for the DoD Community
 Live 1-on-1 Help Confidential Worldwide 24/7

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; 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.



Master At Arms 3rd Class Isaac Aguilar, left, and Master At Arms 3rd Class Jeremy Bissel, students attached to the Expeditionary Combat Skills (ECS) School shoot basketballs at the Healthy Lifestyle Festival on board Naval Construction Battalion Center (NCBC) Gulfport, July 2. The Healthy Lifestyle Festival is an annual event that promotes wellness among military personnel and their families. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

NCBC promotes good health with Healthy Lifestyle Festival

By CE3 Dustie Bond
NCBC Public Affairs

The Defense Commissary Agency (DeCA) is sponsoring their annual "Healthy Lifestyle Festival" at 234 commissary locations worldwide to promote positive health and wellness choices for military service members and their families.

The base Commissary, Navy Exchange (NEX), Naval Branch Health Clinic (NBHC) Gulfport and Morale, Welfare and Recreation (MWR) teamed up to host a Healthy Lifestyle Festival on board NCBC Gulfport, July 2 - 3. This year's theme was, "It's Your Choice, Make It Healthy."

Events included a farmer's market from

the commissary, sidewalk sales of fitness apparel and equipment from the NEX, and fitness and active lifestyle demonstrations by MWR Fitness Center employees.

"We are all promoting health and wellness for everybody," said Steven Gallagher, MWR's fitness director.

The fitness center set up a basketball shooting area and an agility zone for those who attended the event.

"We would be excited for personnel and their families to stop by the Fitness Center to achieve their goals," said Gallagher.

For more information about the Healthy Lifestyle Festival visit: <http://www.commissaries.com/healthy-lifestyle-festival.cfm>.

The 411 on dialing 911 on board NCBC

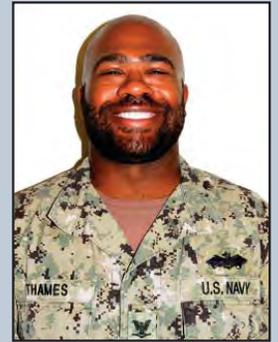
Have an emergency? You may now dial 911 using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.



Buzz on the Street

By BUCN Elizabeth Mills and BUCN Alexandria Marek
NCBC Public Affairs

"What was your favorite part about the 4th of July?"



BU3(SCW) Dennis Thames
NMCB 1
Hometown: Flint, Mich.



CM3(SCW) Brooke Roberts
NMCB 1
Hometown: Ceresco, Mich.

"Fireworks, being with family and friends."



BUCN Richard Alexander
NMCB 1
Hometown: Baraga, Mich.

"Fireworks, because I missed the last two years of them."

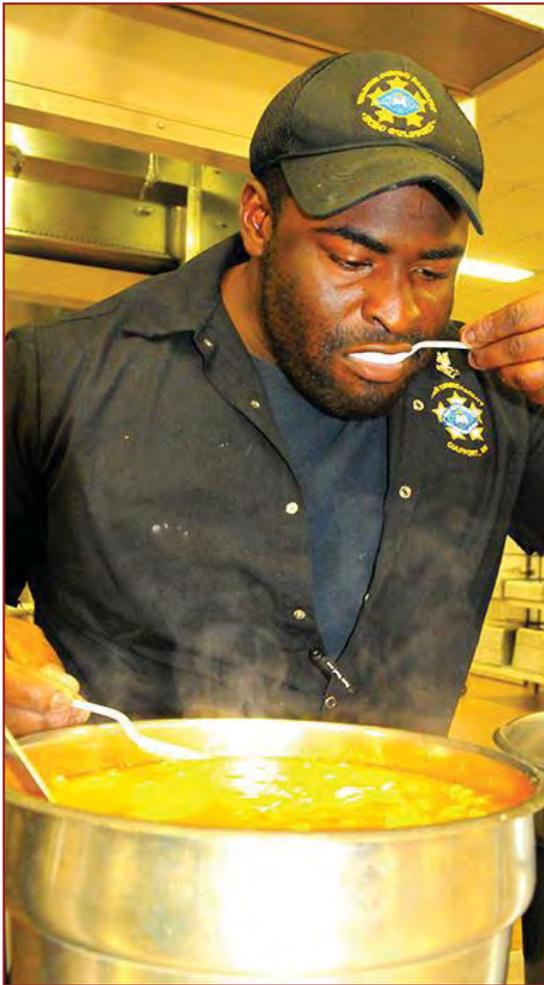


AROUND THE CENTER



Joseph, left, and Austin try their luck fishing at Seabee Lake on board NCBC Gulfport, June 29. In addition to fishing, Seabee Lake offers picnic

areas, barbecue grills, a playground and restrooms open to all with base access. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



Left: Culinary Specialist 2nd Class Keithon Burnette tastes the soup of the day to test for consistency and quality at Colmer Dining Facility on board NCBC Gulfport, June 30. Colmer Dining Facility's hours of operation are: Monday - Friday, breakfast is served from 5:45 to 7:45 a.m., lunch is served from 11 a.m. to 12:30 p.m., and dinner is served from 4:30 to 6 p.m. On Saturdays and Sundays, brunch is served from

9 a.m. to noon and dinner is served from 4:30 to 6 p.m. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released) Above: Seabees attached to Naval Mobile Construction Battalion (NMCB) 133 install the roofing panels to a gazebo project on board NCBC Gulfport, July 1. The gazebo is being built as part of a beautification initiative on base. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/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, Chapel, Housing, all quarterdecks.

Energy Savings Tip:

Reduce the heat and save energy by saving jobs that produce moisture -- like mopping, dishwashing and washing clothes -- for early morning or night-time hours. The humidity from these activities can make homes uncomfortable and cause the air conditioner to run more than necessary. On hot days, cook outdoors, use a microwave oven or prepare cold meals to avoid excess heat in the kitchen.



Summer Safety: Essential tips for avoiding heat-related illnesses

By MCCS(SCW/SW) Jeffrey J. Pierce
NCBC Public Affairs

As summer marches on and the hottest days of the year along the Mississippi Gulf Coast are here, the potential for heat-related illnesses such as heat stress, heat exhaustion and heat stroke increase. The National Center for Environmental Health at the Centers for Disease Control provides the following tips for preventing heat-related illnesses.

~ Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.

~ Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.

~ Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.

~ Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.

~ Wear lightweight, light-colored, loose-fitting clothing.

~ NEVER leave anyone in a closed, parked vehicle.

~ Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:

Infants and young children

People aged 65 or older

People who have a mental illness

Those who are physically ill, especially with heart disease or high blood pressure

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

~ Limit your outdoor activity to morning and evening hours.

~ Cut down on exercise. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet,



talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.

~ Try to rest often in shady areas.

~ Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

July 9, 2015

Back in time . . . Seabee history - Vietnam Era



The EM club known as the "Punju Pit," in Phu Bai, Vietnam built by Seabees with Naval Mobile Construction Battalion (NMCB) 7 is pictured in 1966. In 1966, NMCB 7 was deployed to the Republic of South Vietnam, until her decommissioning at the Construction Battalion Center, Davisville, R.I., in August 1970. (Photo courtesy of U.S. Navy Seabee Museum/Released)

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.



Seabee Courier

NMCB 11 Marshall Island Seabees inspired by letters from 4-H Club kids

By BU1 (SCW/EXW)
Garnett Whitmire
NMCB 11 Public Affairs

Seabees of Naval Mobile Construction Battalion (NMCB) 11, Construction Civic Action Detail (CCAD) Marshall Islands, are deployed to Kwajalein Atoll to complete humanitarian construction projects and conduct community engagement programs from January to July 2015.

While expecting to build relationships with the Marshallese people during their 2015 deployment, a surprising source closer to home also had a big impact on the 16 Seabees.

Members of CCAD Marshall Islands always look forward to their bi-weekly mail call of letters, photographs, and sometimes even baked goods from their loved ones. But on May 1, they were surprised to see a small package delivered from Brookings, S.D., a town none of them were familiar with.

The package contained 30 white envelopes with meticulously written letters from school-age children who are members of the Brookings County "Head, Hearts, Hands, and Health" (4-H) organization.

As the Seabees read the letters they realized that each spoke volumes in just a few short sen-

tences. Whether the letters described the child's favorite foods or contained drawings of their animals, they all touched the hearts of their grateful recipients and reminded the Seabees that they are appreciated, missed, and most importantly not forgotten by those back home.

"When I received my letters from the 4-H Club, they brought a smile to my face," said Construction Electrician 3rd Class Jamette Coleman. "Sometimes our service goes unnoticed, but the letters proved otherwise."

4-H is the largest youth development organization in the United States and empowers youth to reach their full potential, working and learning in partnership with caring adults. With origins as far back as the late 1800s, it was the passage of the Smith-Lever act in 1914 which created the Cooperative Extension System in the United States Department of Agriculture, nationalized 4-H, and led to the adoption of the famous green clover emblem in 1924.

Today, 4-H serves youth in rural, urban, and suburban communities in every state across the nation via 110 land-grant universities and more than 3,000 county offices.

4-H's service is evident in their willingness to bring



Seabees with Naval Mobile Construction Battalion (NMCB) 11 Construction Civic Action Detail (CCAD) are wrapping up their seven-month, humanitarian mission to the Marshall Islands in preparation for their return to their homeport of Naval Construction Battalion Center (NCBC) Gulfport. (U.S. Navy photos /Released)



a piece of America to military member's deployed overseas.

"We were looking for community service projects and we decided to do something to support our military," said Heidi Merriman, 4H Military Service Committee member. "Once we got the idea into our heads we just had to do it!"

Military members don't expect to receive mail

from perfect strangers, let alone letters that had obviously had so much thought put into them. The Seabees decided to write letters of their own to the 4-H students in Brookings and the two groups have even exchanged photos. It will be a long time before the Seabees forget their new friends and the reminder that their service is appreciated.

CCAD Marshall Islands is tasked with providing Humanitarian Assistance (HA) construction, informal apprentice training in general engineering skills, and Armed Services Vocational Aptitude Battery (ASVAB) tutoring. Their efforts demonstrate United States commitment to The Republic of the Marshall Islands and strengthen the bond between the two nations.

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Seabee Courier



Kudos to NCTC Instructor

Cmdr. Heather Walton, commanding officer, Naval Construction Training Center (NCTC), Gulfport presents Dave Therrien, a crane instructor at the Equipment Operator School, with a time off award for his selection as NCTC's Civilian Instructor of the Year. (U.S. Navy photo/Released)



Base Housing
Aug. 15

8 a.m. - 1 p.m.

Balfour Beatty Communities will post advertising info on FaceBook. For more information, call the Housing Office at 228-863-0424 or email lladner@bbcgrp.com



Above: Seabees assigned to Naval Mobile Construction Battalion (NMCB) 4 install metal sheets for K-Span during the integrated training exercise to improve living standards for more than 800 personnel at Camp Wilson in Twentynine Palms, Calif. Right: Seabees assigned to NMCB 4 place concrete for a 117-foot retaining wall during the integrated training exercise. The retaining wall will prevent further erosion and provide protection from inclement weather to existing facilities such as the fire station and chapel. NMCB 4 is in a training cycle in preparation for their upcoming deployment in 2016. (U.S. Navy photos/Released)

NMCB 4 takes part in Integrated Training Exercise

By EACN Alicia Pia De Guzman
NMCB 4 Public Affairs

A crew of 24 Seabees assigned to Naval Mobile Construction Battalion (NMCB) 4 began construction, Jun. 11, on two arched steel panel buildings, called K-Spans, and 372 linear feet of four foot high retaining walls during the Integrated Training Exercise (ITX) to improve

living standards for more than 800 personnel occupying Camp Wilson in Twentynine Palms.

The two 61x21 foot K-Spans will increase berthing capacity for U.S. Marines during Exercise Mojave Viper, a 14-day training cycle involving a series of progressive live-fire exercises. The retaining walls will prevent further erosion and provide flood protection to

existing facilities such as the base fire station and chapel.

During the exercise, NMCB 4 conducted training on the Ultimate Building Machine (UBM). The machine creates buildings of robust steel in days rather than previous methods taking weeks or months. The technology uses an integrated microprocessor to produce unique structures

from various designs with ground-to-ground, self-supporting panels that require no beams, trusses, columns, nuts, bolts, fasteners, screws or sealants.

"As an operator of the UBM, I learned to manipulate the radiuses and curvatures of many types of K-Spans," said Steelworker 3rd Class Johnny Hagemann, a participant in the training. "After completing the class, I feel confident

that I have the skills and knowledge to install and construct steel structures utilizing the UBM."

The Seabee team has been planning and preparing for the exercise since April. Overcoming the obstacles and challenges such as limited resources and daily temperatures over 100 degrees Fahrenheit, the construction is on schedule to be completed by the end of June.

Menu Review Board meeting: 9 a.m., July 16 at the Colmer Dining Facility

GREAT NEWS!

Extended Fitness Center Hours
Effective July 13
Sunday 0700-2000
Monday- Friday 0400-2200
Saturday 0600-2100

See Something, Say Something

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.

WE BUILD ★ WE FIGHT

SEABEE Online
 United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

Focus on Education

Tips to help with safe travel when moving

By Military OneSource

Packing that final box is just the beginning of your moving adventure. As you and your family travel to your new duty station, it's important to keep safety in mind. The following tips will help keep you and your belongings protected so you will arrive safely:

Automobile travel

- ~ Check your vehicle's fluid levels, tire pressure and the condition of belts and hoses. Getting stuck because of a broken hose can be a real nuisance when you're moving.
- ~ Plan your route ahead of time with help from the Internet or an automobile travel service.
- ~ Check weather conditions and anticipate traffic problems. Planning your trip to avoid cities during rush hours may keep you from spending extra hours in the car.
- ~ Plan for rest if you're traveling long distances. If possible, rotate drivers before you become tired. Stop often to stretch your legs.

Airplane travel

- ~ Make extra copies of your passports, ID cards and credit card numbers. Keep them in a separate bag in case the originals are lost. This will make it easier to get replacements if necessary.
- ~ Airports can be extremely busy as passengers rush from gate to gate. Carefully monitor your children, especially during

long waits when they may want to wander.

- ~ Give children critical information to carry with them. This can be a card with the child's name, parent's name, cell phone number and emergency contact number.
- ~ Keep a careful eye on your belongings. Safely secure money, passports, cell phones and other items when traveling.
- ~ Be sure your seat belt and your children's seat belts are fastened when seated. Unexpected turbulence can cause severe injuries.
- ~ Check the airlines for current regulations for traveling with young children. Many require children to have their own seats and encourage the use of a car seat.
- ~ Visit the U.S. Department of State International Travel website for updated information on security issues in foreign countries.

Hotel and motel safety

- ~ Always park in well-lit areas with the doors locked and car alarm activated to protect your bags. Be aware of your surroundings in hotel parking lots and lobbies.
- ~ Bring expensive items into the room with you. Use the room safe, if necessary, to further secure these items.
- ~ The third through fifth floors are the safest floors as a compromise between emergency evacuation and avoiding unwanted entry through the windows.
- ~ Pay special attention to children if your room has a balcony. This is an enticing play area that can be dangerous.

Education Notes

Baby Boot Camp

The popular Baby Boot Camp class will be presented to parents who are expecting or to those with new babies (up to three months), July 16, 8 a.m. - noon at the Fleet and Family Support Center (FFSC) Gulfport. Call 228-871-3000 to register.

Command Financial Specialist Training

A Command Financial Specialist Training and Refresher course, open to E-6 and above, will be held at 8 a.m., July 21 - 14 at Fleet and Family Support Center (FFSC.) E-5 personnel may attend with an approved waiver. For more information, call 228-871-3000.

CCC Fall "A" Registration

Registration for the Coastline Community College Fall "A" Term which runs from Aug. 24 to Oct. 18, will take place June 22 - Aug. 17. Additional information may be obtained in the Navy College Office, Building 60, room 239 or by contacting Dr. David Drye at 228-871-3439 or email at ddrye@coastline.edu.

Mississippi Gulf Coast School start dates for 2015/2016

Public Schools

Bay St. Louis Waveland School District	Aug. 6
Biloxi Public Schools	Aug. 6
Gulfport School District	Aug. 13
Hancock County School District	Aug. 6
Harrison County School District	Aug. 6
Jackson County School District	Aug. 6
Long Beach School District	Aug. 6
Ocean Springs School District	Aug. 10
Pascagoula School District	Aug. 6
Pass Christian Public School District	Aug. 6

Private Schools

Christian Collegiate Academy	Aug. 10
St. Patrick Middle/High	Aug. 7
St. Stanislaus	Aug. 10
St. Vincent de Paul (60 percent day)	Aug. 6

All others: contact Catholic Diocese at 228-702-2130

July 9, 2015

Seabee Courier

BACK TO SCHOOL HEALTH/WELLNESS FAIR

City of Gulfport

Aug. 1, 9 a.m. - Noon

Barksdale Pavillion - Jones Park

Community health,

Safety and Education



Events:

- ~ Children's Activities
- ~ Tennis Sport Court
- ~ Free Health Screenings
- ~ Bicycle Safety Course
- ~ Free Handouts/ Drawings

Over 40 Organizations!
Imagination Playground
Humane Society Pet Adoptions
WINGS Performing Arts
Summer Camp will be presenting songs from The Lion King

Additional Parking north of Highway 90 (cross by foot at the 20th Avenue entrance)

NCBC Gulfport

School Liaison Officer Kevin Byrd

MWR, Building 352

1706 Bainbridge Ave.

Phone: 228-871-2117

email: kevin.r.byrd@navy.mil

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

When Mom leaves home

Ah... alone at last with a latte in the airport and plenty of time for people-watching before my flight.

That chubby little boy over there with the teddy bear backpack is just precious. Sitting criss-cross-applesauce in his chair. Blue eyes, dark lashes and dimples for knuckles. Aw...

Lordy ... what's up with the guy drinking the Starbucks in the white linen pants and bright orange golf shirt? Mirrored sunglasses and a rusty tan... so cheesy. A fast talker I'll bet. Why's that lady moving her lips? Carrying on a full conversation with herself, hand gestures and all. Oh Geeze, a policeman with a dog. Is he sniffing our luggage? I wonder if they're looking for drug runners. How exciting ...

Uh oh, time to board.

Once a year, I leave my family and go off on my own for a few days to attend a newspaper columnists' conference. I've done this for the last four years in a row, and although I love to people-watch in airports and eat out for a few days, it's not what you'd call ... easy.

My active-duty Navy

husband, who has left home for work more times that I can count, just simply packs a bag and goes. He does not ask about how our daughter will get to her tennis lesson. He does not make a list of meals ideas for us to eat while he is gone. He does not remind the kids to walk the dog. And when he returns to us, he dumps a suitcase full of dirty laundry by the washing machine before finding a good place to relax.

For me, on the other hand, leaving home is a tad more complicated.

Planning begins weeks in advance. I write grocery lists. I cook. I jot reheating instructions on index cards. I make phone calls to arrange rides. I do laundry. I clean. I draw diagrams regarding pet care, chores, and logistics.

Don't get me wrong, my family is 100 percent capable of running a home in my absence. However, 21 years as a military stay-at-home mom has conditioned my family to depend on me.

When I get home in a few days, I won't dump my dirty clothes by the washing machine, because

there will already be a mountain of laundry waiting for me. To their credit, my husband and kids will run around throwing things in closets so the house looks decent, and I'll smile and avert my eyes from the dirty toilet bowls and sticky counter-tops.

Four more days before I have to deal with that.

"Boarding zones three and four," is called and I walk through the human Habitrail and onto the plane. Thanks to people stuffing oversized carry-ons into the overhead bins, I am forced to wait in line in First class, starting at the privileged sitting comfortably in their oh-so-roomy chairs. What makes you so special, I think as I pass by the flimsy curtain on my way to the cheap seats.

Coach class looks like a mouthful of teeth crowded into a narrow palate. From my cramped window seat in aisle 23, the air is stale and at least 10 degrees too warm from human breath and body heat. Just as my armpits begin to dampen, the pilot taxis and takes off, banking sharply to the left.



Strangely, as I look down at the toy houses splayed out like *The Game of Life*, I feel a pang of homesickness for my utterly dependent family. Roping suburban streets studded with turquoise pools get smaller and smaller until the aircraft wings swirl into the steamy summer stratosphere. In the tiny space left between bags on the floor, I click my heels and mutter to myself, "There really is no place like home."

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

NAVFAC Southeast to hire 200 civilians

From NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast announced July 8 that it is looking to hire approximately 200 new employees over the next six months for a variety of positions throughout the southeast region of the United States including Guantanamo Bay, Cuba.

"We have a lot of hard to fill positions," said NAVFAC Southeast Business Director Jeff Killian. "We are hopeful that added advertising will make people aware of the jobs we have open and the great locations we have and the remarkable opportunities there are for employees that work for NAVFAC."

The positions range from various Engineering disciplines such as Mechanical, Civil, Electrical, Environmental and Fire Protection to Architects, Geographers, Realty Specialists, Engineering Technicians, Contract Specialists. There is also an array of skill trades required such as Waste Water Treatment Plant Operators, Carpenters, Air Conditioning Mechanics, Plumbers, Cement Finishers, Painters and Pipefitters.

Vacancies are located through southeast region of the United States and include locations in Corpus Christi, Texas, New Orleans, La., Key West, Fla., Jacksonville, Fla., Kings Bay Ga., Gulfport, Miss., and an overseas location at Guantanamo Bay, Cuba.

"This hiring effort is critical to our ability to execute workload in support of the Navy's mission over the next few years and is our top priority," said Killian.

July 9, 2015

Seabee Courier

Navy-wide Advancement Exams

Sept. 3 (E6), Sept. 10 (E5), Sept. 17 (E4)

Bldg 433 (Tactical Training Facility), Doors open at 6:30 a.m.

Be in the Uniform of the Day and bring valid CAC

See **JOBS** page 12

9

NCBC Helping Hands

VETERAN ASSISTANCE IN GULFPORT

A disabled Veteran is asking for assistance with porch repairs. If you can help with this project, please contact Jennifer Frye at 205-765-7106.

BUILD A HANDICAP RAMP FOR A

VETERAN – A Veteran in Biloxi needs a handicap ramp built. If you can help with the build, please contact Susan Smith, Fleet and Family Support Center at 228-871-3640.

GULFPORT SCHOOLS NAVAL SEA CA-

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

Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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@disabilityconnection.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.salvationarmy.org.

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

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.



GULF COAST USO

901 CBC 3rd Street, Building

114

228-575-5224

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

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

Upcoming USO Events:

~ Yoga on the Beach, July 10, 7 a.m., on the beach next to Jones Park. This is a family friendly event and children are welcome to attend.

~ Family BINGO Night, July 16, 6:30 p.m., at USO Gulf Coast inside the Gulfport Biloxi International Airport.

~ Family Game Night, July 23, 6:30 p.m., at USO Gulf Coast inside the Gulfport Biloxi International Airport.

~ Children 5 and under Play Date at Jones Park, July 29, 10 a.m.

RSVP by emailing usogulcoast@uso.org. All events are for Active Duty, Guard, Reservists and their family members. Snacks and beverages will be provided at all events.

July 9, 2015

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.face-book.com/ncbc-chapel>, email us at gulfportchapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis

Seabee Courier

MWR
July
10-16



Movie showings

Thursday- Sunday!

**Showing this weekend:
 Jurassic World 2D & 3D,
 Insidious 3, Entourage, Spy
 and Tomorrowland
 (\$1 Sunday show).**

**For more information, call
 the 24-hour Movie Hotline
 at 228-871-3299 for
 show times.**



Classes available this week:

**Virtual Fitness, Water Aerobics,
 PiYo (Pilates/ Yoga), Yoga,
 Core Conditioning and
 Circuit Training**

**7/11 – Paddleboard
 Class @ Seabee Lake**

**Youth Swim Lessons
 sign-ups on-going now!**

ITT

**Biloxi SHUCKERS
 Tickets Available!**

**\$10-\$13 for
 military fans!**

**Gulf Islands
 Water Park
 Tickets
 Only \$21!**

**Outdoor
 Recreation
 STAND UP
 PADDLE BOARD
 RENTAL SPECIAL!**

**\$10.00 +applicable
 deposits
 Includes:
 Board, Paddle,
 and Safety Gear
 Supplies
 Limited**

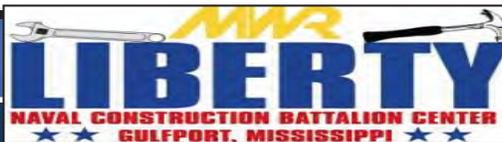
**Register
 Now!**



**Annual
 Seabee
 Volkslauf
 Mud Run
 9/19/15
 Call
 (228)
 871-2669
 for info**

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 Liason 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		



7/10 - BBQ and Paddle Boarding/ Canoeing at Seabee Lake

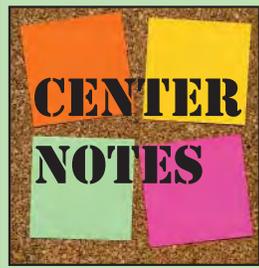
7/11 - Ship Island Excursion

7/12 - Big Play Fun Center- Go Car & Putt-Putt

7/14 - Tournament Tuesday- Ping Pong

7/15 - Food for Thought- Have Ideas for Liberty fun?

**7/16 - Free Movie Thursday at Seabee Cinema, Pick up
 coupon at Liberty**



SUPPORT

Family Readiness Groups

NMCRS 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.

NMCRS 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 NMCRS 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCRS 11 FRG.

NMCRS 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 NMCRS133fsg@gmail.com. Log on to the FRG site, <http://www.wix.com/NMCRS133FSG/133fsg>.

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

Gulfport Officer's Spouse Club

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

Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the

local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.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 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.

NMCRS 62 Alumni Group

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

D.A.V. - Disabled American Veterans, Chapter 5

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

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

Gulfport is always 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, 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. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabee-museumstore.org or call the gift store at 228-871-4779.

Victim Legal Counsel Note

The Navy Victims Legal Counsel (VLC) Program is fully operational in Navy Region Southeast. The Navy is implementing the VLC Program to provide a military attorney free of charge to all eligible victims of sexual assault.

VLCs can assist eligible victims with a decision to make a restricted or an unrestricted report of sexual assault; advocate on their behalf to investigators, commanders, and prosecutors; advance and protect victim rights and interests during the courts-marital process; and provide other legal advice and assistance

connected to a sexual assault. It is never too early or too late for an eligible victim to seek the assistance of a VLC.

All communications between eligible victims and VLCs are confidential! Those eligible for VLC services include active duty sailors, certain reservists, and if the alleged offender is an active duty member, both adult and child dependents.

Victims of sexual assault are encouraged to contact the Sexual Assault Response Coordinator (SARC) or assigned Victim Advocate for a referral to the VLC, or to contact the VLC directly.

To reach the VLC who supports NCBC, NAS JRB New Orleans, and NAS Meridian, please call Lt. Cmdr. Davin Rieke at 228-871-2909 or via email at davin.riek@navy.mil.

SOCIAL NETWORKING
 There are risks you should be aware of before you "share" online: impersonation, identity theft, harassment, damaged career or personal reputation, target for spam and phishing, burglary ... just to name a few.