

SEABEE COURIER

www.cnic.navy.mil/gulfport

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June 11, 2015

NMCRS 2015 Active Fund Drive Bee Wash



Participants in the 2015 Navy-Marine Corps Relief Society's (NMCRS) "Bee Wash" put a fresh shine on the Seabee located on the grinder on board Naval Construction Battalion Center (NCBC) Gulfport, June 10. The annual fundraiser supports the NMCRS's Active Duty Fund Drive, which began March 1, and culminated with the Bee Wash. The event raised \$2,159.92. Participants are nominated by monetary donations. Those who receive the most donations are invited to wash the Seabee. This year's "Bee Washers" were DeWayne Riley, facilities manager, Morale, Welfare and Recreation; Capt. John Adametz, commanding officer, Naval Construction Group 2; Cmdr. Anthony Conley, executive officer, NCBC Gulfport; Cmdr. Shane Stoughton, commanding officer, Naval Meteorology and Oceanography Professional Development Center; Cmdr. Heather Walton, commanding officer, Naval Construction Training Center, Gulfport; and CMDCM Mark Thomas, command master chief, NCBC Gulfport. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce /Released)



U.S. Navy Seabee Museum patrons explore the museum's newest exhibit the Science, Technology, Engineering and Math (STEM) Center at the U.S. Navy Seabee Museum, June 6. U.S. Air Force Tech. Sgt. William Powell and his wife Jessica donated the funds to build the center in memory of their daughter, Kennedy, who died in January 2014 from a rare illness when she was 15 months old. (U.S. Navy photo by Aramis X. Ramirez/Released)

Seabee Museum launches new youth-oriented STEM Center

By Aramis X. Ramirez
U.S. Navy Seabee Museum Public Affairs

The U.S. Navy Seabee Museum in Port Hueneme, Calif., held a ribbon cutting ceremony, launching its newest youth-oriented Science, Technology, Engineering, and Math (STEM) Center, June 6.

Science, Technology, Engineering and Math are the four educational tenets that stimulate innovation in today's youth. The focus of the STEM center will be to tie these tenets to the historical resourcefulness and ingenuity of the Navy's construction force, better known as the Seabees, as well as the Civil Engineer Corps (CEC), and Underwater Construction Teams.

Funding for the exhibit came from an unexpected source, said Dr. Lara Godbille, museum director. U.S. Air Force Tech. Sgt. William Powell and his wife, Jessica, offered the money they raised from a memorial fund in honor of their middle child, Kennedy, who died Jan. 2, 2014 as a result of a rare bowel obstruction.

"Our goal with this exhibit is to give back to the children so that they may learn to love, grow, and play," said Tech. Sgt. Powell. "Kennedy was the happiest of babies and I know that she would want nothing but happiness and love for the children and families that get the chance to play and learn here at this exhibit."

See STEM page 5

June 12, 10 a.m.
Training Hall, Building 446

Presented by Naval Mobile Construction Battalion (NMCB) 11. All with authorized access to NCBC Gulfport are invited to the ceremony.

50th Anniversary Commemoration
Construction Mechanic 3rd Class
Marvin G. Shields
Killed in Action, June 10, 1965
Republic of Vietnam



Skipper's Log

The many seasons of Summer

By Capt. Paul Odenthal
CO, NCBC Gulfport

It seems to me that we escaped with a fairly cool spring by local Gulf Coast standards. Spending the past weekend outside, in the sun, at a little league tournament, left me no doubt that the Mississippi Summer has arrived in full force. With the gorgeous weather and children out of school, I hope you are taking the chance to enjoy the beaches, the water and many other wonderful summer activities available.

Let's also not forget what else summer in Mississippi brings ... hurricane season. June 1 marked the start of the 2015 season. We must not only keep a watchful eye on the Gulf of Mexico until the season ends Nov. 30, we have to get prepared NOW.

Is your car always at least half full of fuel? Do you have a "cash" backup? Are all your important documents in a "go bag?" These are just a few things to think about. Many people assume there is plenty of time when a hurricane is inbound; however, that is often not the case ... store shelves are emptied, gas stations are out of fuel, and the hotels in Hattiesburg and points north are booked solid. You must have a plan.

A good plan is even more essential for those who are

deploying. Do not leave your family to figure it out alone. Select a place for them to go during a hurricane and have a plan to get them there. Where will Cujo and Mittens stay? Two days before a storm hits is not the time to figure it out. You must have a plan. There are many resources online to help, starting with www.ready.navy.mil.

Summer also means many of you are hitting the road on your motorcycles. While riding conditions are great, please remember that summer also brings increased traffic and many visitors to the area who are unfamiliar with our roads. This year there have already been 17 motorcycle fatalities across the Navy and Marine Corps. Statistically, that's not bad; however, when it is a shipmate, friend, son, daughter, husband, wife, father or mother; who cares about statistics?

One of those 17 fatalities was right here at home. Just a few days ago, the Navy lost an exceptional Chief Petty Officer on I-10 who was making his daily commute to Stennis. By all accounts, Chief did everything right. He was an experienced rider, well trained, traveling at a safe speed and doing everything he should. But that still was not enough to protect him from another driver's foolishness. It matters very little who is right

when a motorcycle and a car or truck collide ... the bike is going to lose.

While not a fatality, on base we recently had a very serious collision between a motorcycle and an MTRV. The accident left one of our shipmates severely injured.

Since I don't have the authority to make you park your bikes, I ask that you be very cautious out there and drive defensively. And for the rest of us; pay attention, watch for those bikes and respect their right to the road.

Summer is also the season of graduation and PCS. Congratulations to all in our Gulfport family who graduated this year whether it was college, high school, middle school, kindergarten, etc. We are very proud of you and wish you the best on your next endeavor. For our kids starting summer break, enjoy the time off, but read a few books over the summer. We are expecting honor roll next year!

PCS season brings moving trucks which are already showing up across the base; some packing out and some unloading. We all know the stress that comes with moving. This is especially difficult for our children who must leave friends and start a new school in the fall. I encourage parents to make the extra effort to give their children



lots of support during this time, especially when their actions might not be all that great. In their world, you are turning their life upside down and they have little control or choice in the situation. Do your best to make them part of the move planning and include some fun time in your travels. And if you visit the world's largest ball of twine, send me a postcard!

For those leaving Gulfport, we wish you the best and safe travels. If you are just arriving, welcome on board the best base in the Navy. There is plenty to do on the Gulf Coast, great family programs and some of the best people you will ever find. There is no better place than NCBC to live, work and train.

As always, be safe ... every one of you is important to us and the mission. Have a great summer and keep charging!

NCBC
Commanding Officer
Capt. Paul Odenthal
Public Affairs Officer
Rob Mims
Courier Staff
Editor
Bonnie L. McGerr
Mass Comm. Specialist
MCCS(SCW/SW)
Jeffrey Pierce
Special Contributors
CE3 Dustie Bond
BUCN Samantha Opyoke
BUCN Elizabeth Mills

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Feds Feed Families hopes to defeat hunger

By BUCN Elizabeth Mills
NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport is once again participating in the annual Feds Feed Families food program. The 2015 campaign runs from June 1 through Aug. 28.

Federal employees will join together to collect food for local food banks in their area in order to assist children and families in need.

"I encourage everyone to bring in nonperishable items during that time. If every person brought in one item, that would amount to many homes in need of getting help," said Construction Electrician 3rd Class Endia Thomas, assigned to Seabee Memorial Chapel.

Nonperishable food items include but are not limited to canned tuna, salmon and chicken, canned vegetables, soup, canned fruit, grains, cereal, canned beans, peanut butter and bottled juices that do not require refrigeration.

According to www.usda.gov, since the campaign began in 2009, federal workers have donated and collected

more than 24 million pounds of food and other nonperishable items to support families across the U.S. In Mississippi, one out of every four people struggles with hunger.

Food banks located along the Mississippi Gulf Coast that have been chosen to receive assistance are: Back Bay Mission, Gulf Coast Community Ministries, Twelve Baskets Food Bank, Gulf Coast Rescue Mission, Saint Therese of Lisieux Catholic Church and Feed My Sheep.

The NCBC Commissary has pre-made donation bags filled with water, juice and nonperishable food items on sale for \$10.

Those interested in donating nonperishable items on board NCBC can do so at the following locations: Seabee Memorial Chapel, Navy Exchange, Fleet and Family Support Center, NCBC Commissary, Navy Housing, Navy Branch Health Clinic and Command Quarterdecks.

For more information on the Feds Feeds Families program call the Seabee Memorial Chapel 228-871-2454.

OPM data breach may impact more than 4 million current and former employees and their families

From Office of Civilian Human Resources Fact Sheet of June 2015

On June 4, the U.S. Office of Personnel Management (OPM) announced a cybersecurity breach potentially impacting personnel data, to include personally identifiable information (PII), on current and former federal employees. About 4 million individuals may be impacted.

OPM began notifying affected current and former federal employees June 8. The notification will continue through June 19, (or until complete). Notifications will be sent by U.S. Postal Service via a letter or from the email sender opmcia@csid.com.

OPM will provide affected employees with credit monitoring services and identity theft insurance through the company, CSID, to include credit report access, credit monitoring and identity theft insurance and recovery services. This coverage will be offered at no cost to

affected employees for 18 months. The Department of the Navy Civilian Employee Assistance Program (DONCEAP) also provides support for financial issues and identity theft for all DON civilians and their families. The 24/7 number is 1-844-DONCEAP (1-844-366-2327) TTY 1-888-262-7848, International 001-866-829-0270. Information is also available at <http://DONCEAP.foh.hhs.gov>.

OPM recommends that affected employees:

- ~ Monitor financial account statement – report any suspicious or unusual activity to financial institutions

- ~ Request a free credit report at www.AnnualCreditReport.com or call 1-877-322-8228. (By law, consumers are entitled to one free credit report per year from each of the three major credit bureaus (Equifax, Experian and TransUnion). Contact information for the credit bureaus is found at the Federal Trade Commission

(FTC) website: www.ftc.gov

- ~ FTC provides identify theft resources at www.identitytheft.gov

- ~ Consider placing a fraud alert on credit files to advise creditors to initiate contact before opening a new account in your name; call TransUnion (1-800-680-7289) to set up an alert.

OPM is referring all questions from current and former federal employees to CSID at www.csid.com/opm (1-844-222-2743; international callers can call collect at 512-327-0700) – the high volume of calls may result in extended wait times.

A complete fact sheet containing tips on how to avoid being a victim of identity theft is available at: <http://www.secnav.navy.mil/donhr/documents/news/opm%20data%20breach%202015.pdf>.

For more information, email the DON Human Resources Frequently Asked Questions box at DONhr-FAQ@navy.mil.



Buzz on the Street

By BUCN Samantha Opyoke, NCBC Public Affairs

"Who has been the biggest influence in your career?"



"Joe Sacco, because he always steered everyone in the right direction."

Marie Chasse
NCBC Gulfport Personnel Security Manager
Hometown: Houma, La.



"My father, because he always motivated me to reach different goals."

George Delgado
NCBC Gulfport LIMDU Coordinator
Hometown: Queens, N.Y.



"YN2 Goebel, because she always holds military personnel to the highest standards and encouraged me to be on point."

CE3 Heather Denny
NCBC Gulfport
Hometown: Lone Jack, Mo.



AROUND THE CENTER



Junior Reserve Officer Training Corps (JROTC) students learn how to march and present arms while they compete against other JROTC groups from Louisiana, Missouri, Alabama and Florida during their week-long leadership

academy on board NCBC Gulfport, June 5. A graduation ceremony was held June 6 at the Mississippi Air National Guard Base in Gulfport. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Construction Electrician 2nd Class David Lasch attached to Naval Mobile Construction Battalion (NMCB) 133 assists his fellow classmates in de-launching the Mabe Johnson Bridge on board NCBC Gulfport, June 6. The bridge is 20 feet wide, 110 feet long and 34 tons. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



More than 200 Single Sailors and geographical bachelors came out for an evening of free fun and entertainment at the annual Morale, Welfare and Recreation Liberty Barracks Bash, May 28. Barbeque, and ice cream were on the menu,

with entertainment provided by a caricature artist, spray paint artists, bounce houses and hamster balls. Guests were also given the opportunity to win prizes during the event. (U.S. Navy photo courtesy of MWR/Released)

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

See Something Wrong Do Something Right



NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell, text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP" 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.

Back in time . . .

Seabee history - Vietnam Era



Seabees with Naval Mobile Construction Battalion 128 Delta Company plow through a rice paddy as they set fence posts at Ammunition Supply Point #1, DaNang, Vietnam. Delta Company provided perimeter security in the form of a six-mile chain link fence that was put up over terrain varying from swampy rice paddies to the sheer slope of a rocky hillside. (Photo courtesy of U.S. Navy Seabee Museum/Released)

Postal Crime Alert! Some postal customers are receiving bogus emails about a package delivery or online postage charges. The emails contain a link or attachment that, when opened, installs a malicious virus that can steal personal information from your PC. The emails claim to be from the US. Postal Service. Recipients are instructed to click on a link, open an attachment, or print a label. Like most viruses sent by email, clicking on the link or opening the attachment will activate a virus that can steal information such as user name, password and financial account information. Simply delete the message without taking further action. For more information, call 1-800-ASP-USPS or email spam@usps.gov.

From **STEM** page 1 Both Powell and Godbille believe the joint effort in bringing to life the STEM center will demonstrate the importance of educating today's youth. "STEM transcends military branch and industry in today's world," said Godbille. "It is vital to offer a space of learning for today's youth in a way that stimulates imagination, fosters communication and teamwork, and allows a free flow of ideas, much in the same way the Seabees have done throughout their history. But this is not just a Seabee exhibit, or an Air Force one; it's an exhibit that embodies the ideals

of learning and community that everyone can enjoy." Museum Curator Kim Crowell, who served as project lead for the STEM Center noted the theme of cooperation and teamwork, was most important in the exhibit's construction. "Any exhibit in the museum is the result of thousands of man hours," she said. "With this one, it was important that the community play a part, so we enlisted the aid of Seabees from [Naval Mobile Construction Battalion] Four so that they could contribute to the space that will inspire children to think in ways that could make better thinkers and leaders in the

future." To simulate that thinking, visitors in the exhibit are presented with interactive presentations on each of the seven Seabee job ratings and the Underwater Construction Team. "Toys such as remote-controlled Caterpillar tractors, mini-wind turbines, chaos towers, sound-powered telephones, and building toys such as Lego bricks allow patrons to experience STEM in a fun way," Crowell explained. "There was a lot of love that went into this exhibit. We hope the community finds as much fun in it as we had in designing and building it."



Motorcycle safety equipment is available at the Navy Exchange (NEX) Gulfport. Riders enrolled in one of the Navy's Motorcycle Safety courses can receive coupons to save on the purchase of motorcycle safety equipment at NEX outlets worldwide. Coupons are sent directly to students when they sign up for the courses through the Navy's Enterprise Safety Applications Management System (ESAMS). (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

NEX offers discounts to motorcycle riders

By CE3 Dustie Bond
NCBC Public Affairs

The Navy Motorcycle Safety Program is expanding its discount coupon program. The coupon program is being operated in conjunction with the Navy Exchange Service Command (NEXCOM).

Motorcycle riders taking the Basic Riders Course (Level I) can receive coupons worth 25 percent off motorcycle safety items, such as helmets and gloves purchased at the Navy Exchange (NEX). Motorcycle riders taking Basic Riders Course (Level II) and the Advanced Riders Course can receive coupons worth 15 percent off motorcycle safety items.

According to Brian Weddle, a motorcycle safety course instructor on board Naval Construction Battalion Center (NCBC) Gulfport, when people sign up for a class with a current email through the Navy's Enterprise Safety Applications Management System (ESAMS), a coupon with a barcode is generated and sent to their email.

"I feel it's an excellent program," Weddle said. "It's generated from the very beginning, so new riders can get the proper safety equipment for the class."

According to NEXCOM, the coupons are good at any NEX worldwide that sells motorcycle safety equipment. Anyone who registers via ESAMS will receive the coupon no matter what branch of military they serve. However, coupons only apply to the motorcycle safety equipment and may not be combined with other offers, coupons or discounts. For more information, visit www.navy.mil/local/hexcom/.

Holloway Drive Pool to Open Friday

The community pool on Holloway Drive on board Naval Construction Battalion Center (NCBC) Gulfport will open at 10 a.m., June 12. The pool is for residents of Balfour Beatty Communities only.

Pool hours: Monday - Friday, 10 a.m. - 7 p.m.
Saturday, 10 a.m. - 5 p.m., Sunday, Noon - 5 p.m.

NMCB 11 Seabees in Guam and Micronesia



Naval Mobile Construction Battalion (NMCB) 11 Det. Guam, commemorates the 50th anniversary of Construction Mechanic 3rd Class Marvin G. Shields' courageous actions at the Battle of Dong Xoai, Vietnam June 10, 1965. Shields was with Seabee Team 1104 at Dong Xoai, South Vietnam, June 10, 1965, when a Vietcong regiment attacked. After being wounded, Shields continued to carry up ammunition to the firing line, and after receiving a second wound, insisted on helping a more severely wounded soldier to safety. Refusing



to consider himself and now greatly weakened, he again exposed himself to enemy fire, volunteering to help knock out a machine gun which had the entire camp pinned down. Shields died from wounds he received after he and others succeeded in destroying the enemy machine gun emplacement, thus undoubtedly saving the lives of many of their fellow servicemen in the compound. He posthumously received the Medal of Honor Sept. 13, 1966 and is buried at Gardiner Cemetery, Gardiner, Wash. (U.S. Navy photos/Released)



Eighteen Seabees with Naval Mobile Construction Battalion (NMCB) 11, as part of the Civic Community Action Detail (CCAD), have arrived in Yap, Micronesia to work on seven small scale engineering projects for Yap State. The material for the projects will arrive next week. This week they are helping replace street signs damaged during the most recent storm. Yap lies just 9 degrees north of the Equator, 500 miles southwest of Guam, 300 miles to the northeast of Palau, 800 miles from the Philippines, and 4,000 miles from Gilligan's Island. The eastern side of Yap is in the Pacific Ocean, while the western side of the island is in the Philippine Sea. (U.S. Navy photo/Released)

Do you have your disaster supply kit ready?

Through Oct. 31, the Defense Commissary Agency (DeCA) is offering various items as part of their severe weather preparedness promotional package, at reduced prices in your commissary to help you prepare your disaster supply kit. From canned goods, cereals, batteries and hand sanitizer, you'll find good savings on your emergency supplies. Check out the sales flyer from DeCA at https://www.commissaries.com/log_in/html/savings_aisle.cfm.

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Sailors repair the floating dock next to the USS Arizona



Sailors, assigned to various commands in Hawaii, work to repair the floating dock next to the USS Arizona Memorial. The floating dock was inadvertently damaged May 27 by prop wash as tugboats helped maneuver USNS Mercy (T-AH 19) out of Pearl Harbor.



Left: Sailors, attached to various commands in Hawaii, work to repair the floating dock next to the USS Arizona Memorial. A team of military and civilian engineers, divers, Seabees, crane operators, shipyard workers and others are completing repairs to the dock and brow leading to the Memorial.

Right: Steelworker 2nd Class William Baird, assigned to Naval Facilities Engineering Command Construction Battalion Division, welds metal chains during the repairs of the floating dock next to the USS Arizona Memorial in Pearl Harbor. (U.S. Navy photos by Mass Communication Specialist 2nd Class Laurie Dexter/Released)

June 11, 2015

Pacific Partnership 2015

Construction Electrician 3rd Class Ernest Cherwin holds the ladder while an I-Kiribati man drills a board into place at Red Beach Primary School during a Pacific Partnership 2015 visit to the Independent Republic of Kiribati. Seabees from Amphibious Construction Battalion (ACB) 1, based in Coronado, Calif., are renovating two schools in Kiribati. Now in its tenth iteration, Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific Region. (U.S. Navy photo by Mass Communication Specialist 1st Class Carla Burdt/Released)



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.

Seabee Courier

Focus on Education



Left: Amanda, left, Elizabeth, middle, and Sydney enjoy some free time during "Game Day" at the Teen Center on board Naval Construction Battalion Center (NCBC) Gulfport. Right: Ta'Jon, left, and Lonnie practice free throws during Game Day at the Teen Center. The Teen Center is open Tuesday, Wednesday and Thursday from 5:30 - 8:30 p.m., Friday from 6 - 9 p.m., Saturdays are reserved for weekly field trips. (Photos courtesy of MWR/Released)

MWR Extreme Teen Center hosts Summer Camp

By BUCN Samantha Opyoke

The Teen Center on board Naval Construction Battalion Center (NCBC) Gulfport offers a variety of programs for the children ages 13 to 18 years old during summer vacation and throughout the school year.

The Center's Youth Program Director, John Hartsell, is in charge of event planning and scheduling. He feels keeping engaged and busy is important.

"Children are fun and I believe that if you can keep one child pointed in the right direction you have accomplished something," said Hartsell. "If you can affect a group of young people than you have accomplished a lot."

According to Hartsell, the

Teen Center has teamed up with 4-H and the Boys and Girls Clubs of America for a new approach and fresh activities for the children which he believes will be entertaining and educational.

During summer camp the Center offers cooking projects, art activities and sports. There are weekly field trips with destinations such as Gulf Islands Water Park, the Audubon Zoo in New Orleans and Lynn Meadows Discovery Center.

The Teen Center also offers a loss prevention program that is purposely taught during the summer break to help the children retain what they learned during the previous school year.

During the school year the Center offers home-

work help.

"For teens, programs like Money Matters, Passport to Manhood and Smart Girls teach our young people to be a stand-up young man or woman," said Hartsell "We also have a program to assist them in working towards high school graduation or obtaining their GED so they can move on into college and be successful."

For those finding it difficult to get to the Teen Center, a shuttle is available to those who live on board NCBC Gulfport.

The Teen Center is open Tuesday, Wednesday and Thursday from 5:30 to 8:30 p.m., Friday from 6 to 9 p.m., Saturdays are reserved for weekly field trips.

For more information call 228-871-2251.

Education Notes

Higher Education Workshop

Fleet and Family Support Center (FFSC) Gulfport is sponsoring a two day workshop June 17 - 18, 8 a.m. - 4 p.m., at the FFSC. The workshop is designed to help people choose a degree program and a college, funding an education, evaluating military credits and how to complete the admissions process. Call 228-871-3000 to register.

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.

National Flight Academy Offering \$500 Scholarships

The National Flight Academy's summer program aboard the massive virtual aircraft carrier, AMBITION is offering a limited amount of \$500 scholarships toward their six-day, five-night program fee of \$1,250. Scholarship code: NFAFRIEND. AMBITION is located next to the National Naval Aviation Museum in Pensacola, Fla. The program is open to students in 7th - 12th grade. For more information, visit: www.nationalflightacademy.com.

Transition Assistance: Resources to unlock the future

By U.S. Navy Public Affairs

Navy's Transition Assistance Program (TAP) has been completely redesigned and will help Sailors who are retiring or separating, by giving them the skills, resources, and tools necessary to make a successful move to civilian life. This is not the old TAP class but rather a new comprehensive program that includes an updated curriculum, now known as Transition GPS (Goals, Plans, Success).

Transition GPS is designed so that Sailors receive the training mandated by law, where the focus is on financial planning, understanding VA benefits and attending an employment workshop.

New DoD Career Readiness Standards (CRS) have been established, and while the classroom training will help Sailors understand the skills and resources needed for their next career, the redesigned program also ensures Sailors are meeting the requirements and connecting to the proper resources.

This is done as part of Capstone, a final check that commanders and TAP counselors undertake to make sure Sailors have met career standards and all resources have been explained and provided to them.

To get started, contact your Command Career Counselor or your Command Transition Officer designated by your chain of command. Additional help can also be found at Fleet and Family Support Center (FFSC) and visit www.DoDTAP.mil and www.cnic.navy.mil/tgps4ser- vicemembers

Free Troops to Teachers Seminars

The Southeast Region Troops to Teachers program has scheduled a series of free seminars to be held on the first Tuesday of each month, in the Navy College Office, building 60, room 239 at 10:30 a.m. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.



NCBC Gulfport School Liaison Officer is 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

The Realities of Now

Back then, you danced. I mean you really danced.

During your 20s and 30s, you'd hear a song that would make you spring to your feet. Channeling the beat of the music through gyrating torso and limbs, you swung your hair in loop-de-loops just for laughs. Rivulets of sweat trickled down your back, and when your evening was done, you slept like a rock.

You danced often. At cousin's weddings. At military balls. On Friday nights with good friends who came over for dinner and didn't end up leaving until 1 a.m. At bars or nightclubs you were still young enough to patronize without looking pathetic.

Now, in your 40s and 50s, dancing just isn't the same.

For the most part, you sit and watch. But every once in a while, like an old dog who's feeling frisky, you give it a go. A really good 80s song fools you into believing you've still got it, so you shuffle to the dance floor doing a sort of pre-dance -- biting your bottom lip with one fist pumping in the air -- that signals everyone else to pay attention.

Once positioned, you begin, but soon realize that your body doesn't dance spontaneously

like it used to. You must deliberately recall the moves that used to come so freely, as you awkwardly recreate The Roger Rabbit, The Van Halen Jump, and The Hair Swing from faded memory. Eventually, thirst and a twinge of humiliation prompt you to go back to your seat.

Later, in the wee hours, you bolt awake when your calf seizes up with cramps. And in the morning, you discover that you have a kink in your neck, and won't be able to turn your head to the side for four or five more days.

Back then, in your 20s and 30s, you and your spouse were still discovering yourselves and setting standards for your life. "Perhaps we're the kind of people who brew craft beers in our garage, using interesting ingredients like apricots and toasted malts? Maybe we surf, play the harmonica in a coworker's band, bake gourmet biscotti, ride Harleys, or run marathons?"

"When we buy or rent a home, we will absolutely insist on stainless steel appliances. We'll use the china from our wedding registry every Thanksgiving. Romance will not be diminished when we have kids. Our children will be born using the Bradley Method, they will only eat home-

made organic baby food, and will strictly adhere to a system of marble jar behavior rewards as set forth in the June issue of Parenting Magazine."

Now, after decades of adulthood, your days of self-discovery are behind you. Life happened, and you were too busy working, paying taxes, raising kids, coping with deployments, and keeping your marriage intact to bother with building your identity. In the process, you simply became who you are, naturally.

Today is my 49th birthday.

My husband has been in the Navy for 27 years. Our base house has mismatched appliances, and tumbleweeds of dog hair. I drive a minivan and take fiber supplements. My husband is bald and falls asleep in his recliner. I haven't seen our wedding china since we boxed it for storage before an overseas move seven years ago. The money we dreamed we might spend on exotic travel and trendy décor ended up being used on braces for our three kids, mortgages, fan belts, plumbers' bills and college funds. Our idea of a great Friday night is fire-pitting with the neighbors and still



being in bed by 11 p.m.

Life isn't as we imagined it back then, but believe it or not, we're happier than we could have dreamed.

You see, after more than two decades of marriage, parenting, and military life, I may not dance all that much anymore. But I've gained the wisdom to know that it's the love of family, the companionship of friends, the honor of military service, and the richness of life experiences that really matter.

So today, when people tell me, "Happy Birthday!" I say to myself, "Bingo."

*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."*

NCBC Under Construction

June 13: Building 118 (Personnel Support Detachment) parking lot: This closure is required for the contractor to mill and pave the lot.

June 15 - 18: Building 128-129 lot just south of Grinder. This will affect parking for buildings 128, 129 and 335.

June 16 - 19: Building 428 parking lot: This closure is required for the contractor to mill and pave the lot.

June 18-23: Building 298 parking lot: This closure is required for the contractor to mill and pave the lot.

Please watch out for construction workers in these areas, and avoid them if possible.



New to military family housing?

Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held in the Seabee Memorial Chapel on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

Energy Savings Tip:

Unplug before you leave ... Prime vacation time is here, but before you pull out of the driveway, be sure to turn off lights and unplug household appliances that can be left unplugged while you are away. Also remember to unplug battery chargers, as many continue to draw power even when not in active use.



NCBC Helping Hands

BUILD A HANDICAP RAMP FOR A

VETERAN – A Veteran in Biloxi is 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.

BILOXI VETERANS ADMINISTRATION

The Biloxi VA is asking for volunteers to re-pair their mini golf course and possibly build horse shoe pits. Point of contact is Susan Smith, FFSC, 228-871-3640.

BEAUVOIR UNITED METHODIST

CHURCH, BILOXI- Volunteers are needed to construct and install two hand rails to connect to the church altar rails. Materials will be provided and/or reimbursed. Please call Marilyn at 228-832-6545 or 228-806-1544 to discuss and view project area.

GULFPORT SCHOOLS NAVAL SEA CADET

CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League

with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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 handy-men/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.

"Like" Naval Branch Health Clinic Gulfport on Facebook!

The page is frequently updated with medical news and information, upcoming events, Tricare updates and other interesting Navy news. Please go to Facebook, search "Naval Branch Health Clinic Gulfport," click "LIKE."



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

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

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

10 a.m. - CCD (Pre-K through 12th Grade)

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

The Chapel is currently undergoing renovations and events schedule are subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at gulfport-chapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis

JUNE 12-18

Father's Day Fishing Rodeo

Saturday, June 20

FREE! 8-10 am FREE!
Seabee Lake

Prizes awarded to longest fish in age groups: 1-5 • 6-11 • 12-18
Sign up by June 18!

Call MWR at 228-871-2127 during normal operation hours for more details



Paid sponsor.

No Navy or federal endorsement implied.

ITT

Planning a vacation? Don't make any arrangements without stopping into ITT to see what deals are available!
Call 228-871-2231 for details

Date Night Coupon:

June 4 & June 18

Call CDC at 228-871-2323 for details on **Give Parents A Break**
Enjoy 2 for 1 admission at the Seabee Cinema

Seabee Cinema at the Training Hall

June 12
6 p.m.
Pitch Perfect 2 (PG13)

8:30 p.m.
Mad Max: Fury Road
3D (R)

June 13
2 p.m.
Hot Pursuit (PG13)
5 p.m.
Pitch Perfect 2 (PG13)

7:30 p.m.
Mad Max:
Fury Road 3D (R)

June 14
2 p.m.
Pitch Perfect 2 (PG13)

4:30 p.m.
Avengers: Age of Ultron (PG13)
\$1 SHOWING

24 Hour Movie Hotline
228-871-3299

Bldg 446, Marvin Shields Blvd.

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 12-8p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-F 5:30a-7p Sat-Sun 9a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Digital Cinema Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th 10:30a-1:30p F 4-8:30p, Fr 10:30a-1:30p & 4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

Fitness

Swim Lesson Signs ups are open! Stop by the Aquatics office for more info!
Water Aerobics is back through September 30 on M/W/F at 12-12:45 p.m.
Call 228-871-2668 for details!

LIBERTY

June 12- All Day- Father's Day Cards- Fill out a card and we will mail it!

June 13- 10 a.m., Paintball, \$10

June 14- All Day, Flag Day Trivia All Day Long!

June 16- 6 p.m., Tournament Tuesday- FIFA '14, 1st place prize

June 18- 6:30 p.m. Free Movie Thursday at Seabee Cinema, Pick up coupon at Liberty

