

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

May 28, 2015

Asian American and Pacific Islander Heritage Month



NCBC Gulfport's Multi-Cultural Diversity Committee hosts their annual Asian American and Pacific Islander Heritage celebration at the Navy Operational Support Center on board NCBC Gulfport, May 21. At the conclusion of the ceremony guests were invited to sample a variety of food and drink whose origins can be traced to Asia and the Pacific Islands. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

For more celebration photos, visit NCBC Gulfport on Facebook

Retiring or Separating: Ensure medical records are turned in for future care

**From Navy Personnel
Command Public Affairs**

Sailors are being reminded to personally ensure their medical and dental records are available to the Department of Veterans Affairs (VA) by returning them to their medical treatment facility at retirement or separation, Navy leaders said May 26.

"A benefit of service is a lifetime of support from the VA," said Ann Stewart, director, Pay and Personnel Management. "To make sure Sailors can get the best level of support possible, they need to make sure their medical records have been turned in to the appropriate medical facility when they separate or retire from the Navy. A copy of medical and dental records will be provided to separating or retiring Sailors."

Before a Sailor separates or retires, commanding officers (CO) and officers in charge

(OIC) are responsible for ensuring that the medical department or medical treatment facility knows the Sailor is separating or retiring, and that their Service Treatment Records (STR), medical and dental records, are at the appropriate medical and dental facilities. This guarantees that the records will be available to the VA. Medical departments or medical treatment facilities annotate on command/organization check-out sheets the disposition of the STR (per NAVADMIN 187/14).

"There may come a time when you need to file a claim with the VA in the future, and they will check to verify your period of service in the Navy," Stewart said. "Making sure your record is left at the appropriate medical or dental facility when you leave the Navy means that the VA will

See **RECORDS** page 9

Twenty-Second Naval Construction Regiment Change of Command

A change of command ceremony for 22 NCR is scheduled for May 29 at 9 a.m., in the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport. Capt. Stephen Revelas will be relieved by Capt. Lore Aguayo.

INSIDE

Hurricane Season begins June 1.
Don't be caught unaware.



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Coast Memorial Day observances



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Preparing for retirement, interested
in a new federal position?



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NCBC

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How do your energy savings measure up?



By Mike Chmura
NAS Jax Energy Manager

The next time you use any of the following equipment on the base, think about these energy equivalents (E-equivalents):

- ~ Switching off non-essential equipment (lights, computers, printers, etc.) in a medium size office overnight saves enough energy to run a compact car for 100 miles.
- ~ A photocopier left on overnight consumes enough energy to make 1,500 photo copies.
- ~ Leaving a PC monitor on unattended, using the day and leaving it on at night when you leave, consumes enough energy to microwave six meals.
- ~ By using a reusable coffee or tea container every morning, you alone can defer 20 pounds of waste each year from landfills.
- ~ The average employee photocopies 20 pages a day. Printing on both sides - or going paperless - can save several trees annually, reduce carbon emissions and increase productivity.

NCBC Sailors selected to advance from latest exam

From NCBC Public Affairs

Congratulations to the 19 Sailors assigned to Naval Construction Battalion Center (NCBC) Gulfport who were selected for advancement during the latest cycle:

Third Class Petty Officers

- SW3 Tabitha L. Cady
- UT3 Chelzy A. Desvigne
- BU3 Ashley M. Hansrote
- EO3 Zachary T. Harris
- AO3 Bernice L. Hillegass
- EO3 Jacqueline V. Lee
- BU3 Kimberly M. Moran
- CM3 Kerry A O'Shea
- UT3 Nikita M.
- LS3 Chan A. Reed Jr.

- EO3 Diane Elizabeth D. Ruspoli
- EO3 Nathan P. Tarnowski
- EO3 Joseph M. Wresilo

Second Class Petty Officers

- EO2 Sara A. Bills
- EO2 Heather N. Donnelly
- MA2 Michael W. Kaeding
- EO2 Tamara M. Pratt
- MA2 Tierra L. Reed
- EO2 Eric C. Stallworth

USO to honor Military Spouses with Breakfast

The USO Gulf Coast will be hosting a Spouses Breakfast May 30, from 7:30 - 9 a.m. at the USO located at the Gulfport Airport. Space is limited to the first 50 people so please RSVP by emailing usogulfcoast@uso.org.



Under Construction: Projects taking place on board NCBC

May 29 - June 29: Sections of the parking lots, north of Bldg. 50 will be closed for contractor construction of curbing along road and parking to be replaced with sod.
Ongoing through June 15: Parking lot closure, West end of building 448 (Subway). Closed for material lay down and roof access.

June 2: 7 - 11:30 a.m. - 3rd Street, between Dong Xoai Ave, Building 447A parking lot (Naval Construction Group TWO). Street closure required for crane operation. We apologize for the inconvenience the work may cause. Please be careful, pay attention to the contractor's direction and avoid the construction areas if possible.



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.

HURRICANE SEASON IS HERE - BE READY NAVY!

The time to prepare is NOW

By CE3 Dustie Bond
NCBC Public Affairs

Hurricane season officially starts June 1 and ends Nov. 30 which means the season is upon us.

For those who have never experienced a hurricane, they can cause catastrophic damage to coastal cities and towns and their effects can be felt several hundred miles inland. Hurricanes can create storm surges along the coast and cause extensive damage from heavy rainfall and high winds. Hurricanes often spawn tornados in areas not normally affected by such weather activity.

Aerographer's Mate 1st Class Anthony Gruber, a Disaster Preparedness Officer/Instructor at the Naval Meteorology and Oceanography Professional Development Center (NMOPDC) Gulfport explains ways in which people can prepare for hurricane season.

"Your emergency plan should state where you're going, how you're going to get your family and pets there, and how you're going to muster with your command," Gruber said. Have a hurricane kit prepared. It should include three days' worth of food and water per person in the household. Don't forget supplies for your pets! Lastly, be sure to pack entertainment for your family that doesn't run on power."

During hurricane season there are a few tips that can help prepare your family. Before any storm you should:

- ~ Create an emergency contact/communication card for every member in your family.
- ~ Build an emergency kit with basic items your household may need for a minimum of 72 hours; remember utilities are likely to be out or off.
- ~ Know your community surroundings and evacuation plans.
- ~ Learn if there are any levees or dams in your area, if there are they can pose a risk if they break during a storm.

In most cases hurricanes are tracked far in advance of them making landfall and people in the affected areas usually have time to react. However, in the case of Hurricane Katrina which hit the Gulf Coast in August of 2005, the weather system traveled across the state of Florida as a fairly low level tropical storm. Once it entered the Gulf of Mexico it rapidly increased in size and velocity, and made landfall within 24 hours.

Stay alert after a hurricane. If families are separated, it is recommended to use the family's emergency communications plan or call the Red Cross at 1-800-733-2767. Just remember not to contact the Red Cross chapter in the disaster area; families should contact the chapter where they evacuated from the storm. Additionally, stay away from downed power lines, gas leaks and any kind of structural damage.

More information on hurricane preparedness can be obtained at the following websites:

- https://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/om/emergency_management.html
- <http://www.redcross.org/prepare/disaster/hurricane>
- <http://www.noaa.gov/>
- <http://www.weather.gov/>
- <http://www.ready.gov/hurricanes>
- <http://www.wlox.com/weather/>
- <http://www.wxv25.com/weather/>



Disaster Supply Kit suggested items

- ~ Water – at least one gallon daily, per person (three-day supply for evacuation, two-week supply for home)
- ~ Nonperishable foods – canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)
- ~ Paper goods – writing paper, paper plates, paper towels and toilet paper
- ~ Cooking items – pots, pans, baking sheet, cooking utensils, charcoal, a grill and a manual can opener
- ~ First-aid kit – including bandages, medicines and prescription drugs
- ~ Cleaning materials – bleach, sanitizing spray, and hand and laundry soap
- ~ Specialty foods – diet and low-calorie foods and drinks
- ~ Toiletries – personal hygiene items and moisture wipes
- ~ Pet care items – food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags
- ~ Lighting accessories – flashlight, batteries, candles and matches
- ~ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ~ Duct tape, scissors
- ~ Multipurpose tool
- ~ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies)
- ~ Cell phone with chargers
- ~ Family and emergency contact information
- ~ Extra cash
- ~ Emergency blanket
- ~ Maps of the area
- ~ Blankets or sleeping bags

2015 Atlantic Ocean Tropical Storm and Hurricane names

Ana, Bill, Claudette, Danny, Erika, Fred, Grace, Henri, Ida, Joaquin, Kate, Larry, Mindy, Nicholas, Odette, Peter, Rose, Sam, Teresa, Victor, Wanda.

The names above will be followed by the Greek alphabet, if needed.

Find us on Facebook

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. http://ready.navy.mil/be_informed/natural_hazards/hurricane_typhoon.html and the NCBC Gulfport Emergency Management page: https://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/om/emergency_management.html.

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CBC Shelter Information

On base shelters are as follows:

- ~ Warehouse 217 to house CBC Military, Family Members, Civilian and Contractor personnel employed on CBC
- ~ Shelters will open at TCC ONE
- ~ No pets (except service dogs) are allowed in shelters.
- ~ No alcohol or firearms are allowed.
- ~ Registration forms can be filled out in advance
- ~ ID cards are required for all individuals entering the shelters (except small children.)

Sheltering Pets

Pets are not allowed in NCBC shelters.

The designated pet shelter for Harrison County is Harrison Central High School. The following conditions must be met:

- ~ Proof of pet vaccination prior to entry
- ~ Each pet must be kept in a transport cage
- ~ Owners must remain with pets at all times

Seabee Courier



Buzz on the Street

By CE3 Dustie Bond, NCBC Public Affairs

"How do you prepare for hurricane season?"



"By making sure I have adequate supplies, food, water and all the basic necessities."

BU3(SCW/AW) Thomas Meyering
NMCB 133
Hometown: McBain, Mich.



"By being sure all recall information is up to date. My emergency kit is ready if I'm not evacuating, and if I evacuate, the house will be boarded up and everything unplugged and turned off."

BUCN Alexa Trafton
NCBC Gulfport
Hometown: Dairy, N.H.



"I will stock up on non-perishable items and a gallon of water per member of my family."

UT2(SCW/EXW) Sabino Martinez
NCG 2
Hometown: Youngstown, Ohio



Commander, Navy Region Southeast (CNRSE) Regional Community Planning Liaison Officer, Amanda Smith, presents the American Planning Association's, Federal Planning Division Environmental Planning Excellence Award to NCBC's Commanding Officer, Capt. Paul Odenthal and Public Works Department Planners, Bernie Walker and Gary Randall on board NCBC Gulfport, May 18. NCBC Gulfport received the award for their Encroachment Action Plan. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Left: Fleet and Family Support Center (FFSC) hosts a job fair for military personnel and their spouses on board NCBC Gulfport, May 20. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Right: The Honorable Dennis McGinn, Assistant Secretary of the Navy for Energy, Installations and Environment takes a tour of Naval Construction Training Center Gulfport, May 20. McGinn, a former Vice Admiral with 35 years of service and the former president of the American Council on Renewable Energy met with NCBC Gulfport's Commanding Officer, Capt. Paul Odenthal for a command overview and an environmental brief. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

Remembering those who n



U.S. Navy photos by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released



Military and civilians gather under the Barksdale Pavilion at Jones Park in Gulfport, for a Memorial Day ceremony, May 25. The ceremony was hosted by the city of Gulfport and The Veterans of Foreign Wars of the United States, Alfred Alleman Post No. 2539. The ceremony honored Construction Mechanic 3rd Class Marvin G. Shields and Chief Master

Sgt. Richard L. Etchberger, Medal of Honor recipients from the Vietnam War era. Naval Construction Battalion Center (NCBC) Gulfport's Commanding Officer, Capt. Paul Odenthal laid a wreath next to a picture of Shields while NCBC Gulfport's Command Master Chief, CMDCM Mark Thomas read Shields' Medal of Honor citation.

made the ultimate sacrifice



The Biloxi National Cemetery hosted their annual Memorial Day ceremony, May 25. Capt. Paul Odenthal, commanding officer, NCBC Gulfport was the keynote speaker and NCBC Gulfport's Command Master Chief, CMDCM Mark Thomas was the master of ceremonies. The ceremony featured the

singing of Amazing Grace by retired Chief Master Sgt. Chris Moore, military honors by the 81st Training Wing from Keesler Air Force Base, a wreath presentation by veteran and civilian organizations and the playing of Taps by World War II veteran Frank Ward.

Seabee in the spotlight



Ben Hunter, left, Chair of Gulfport Chamber and Brenda Waltz, CEO of Garden Park Medical Center present Steelworker 2nd Class Amber Daniels from the Naval Construction Training Center, a plaque May 26 at the Gulfport Chamber of Commerce Connections lunch. Daniels was selected as the Chamber's military member of the quarter for the first quarter. (U.S. Navy photo by Rob Mims/Released)

Stepping into a Federal job

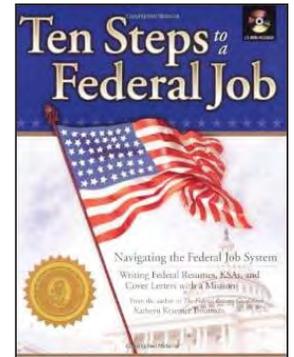
By BUCN Elizabeth Mills
NCBC Public Affairs

The Fleet and Family Support Center (FFSC) on board Naval Construction Battalion Center (NCBC) Gulfport held a class entitled "Ten Steps to a Federal Job," May 28 to assist service members who are transitioning out of the military, as well as their family members, in finding employment with the federal government.

According to Lanora Frantz, FFSC Work and Family Life Specialist, this is the first time the class has been offered on board NCBC Gulfport. If the class goes well then the class will be offered more often.

"The Ten Steps to a Federal Job is a methodical system created and trademarked by Kathryn Troutman that considerably raises one's chances for obtaining federal employment," said Frantz. "I have successfully obtained six federal jobs in the last 15 years using these tools in the process."

According to Troutman, this is a proven method for researching, applying for and landing a federal job. This program is taught to Air Force, Navy, Army, Coast Guard and Marine Corps personnel around the world. This is a step-by-step system that takes



prospective applicants through the initial research phase all the way through interview preparation.

The federal job market may be a good fit for transitioning service members and their families. According to Military.com, the federal government, which offers some of the best jobs, pay and benefits in the United States, is hiring veterans.

The FFSC offers many additional resources for service members leaving the military or for family members seeking employment opportunities. They include Transition GPS, Transition GPS for Retirees and One on One Resume Writing Assistance. FFSC also hosts career fairs every month where the industry leading companies who attend are ready to hire

For more information, call the FFSC at 338-871-3000.

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Back in time . . . Seabee history - Vietnam Era



Seabees with Naval Mobile Construction Battalion (NMCB) 7 pour a concrete pad at a communications facility in Vietnam May 25, 1966. (U.S. Navy photo by NMCB 7, courtesy of U.S. Navy Seabee Museum/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.

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SEABEE

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United States Navy

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Focus on Education

Education Notes

Parent with Love & Logic

June 3, 9 - 11 a.m., Fleet and Family Support Center (FFSC). Want to raise responsible kids, have more fun and reduce the stress in your parent/child relationship? Sign up now by calling FFSC at 228-871-3000.

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 are the first Tuesday of the month for the remainder of the year. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.

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

Small ones take big step



The Child Development Center held their annual Transition to Kindergarten for 24 students moving from preschool to kindergarten at the Training Hall on board NCBC Gulfport, May 21. The students dressed in red, white and blue graduation gowns complete with mortar boards, and then showed the audience what they learned. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

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.



feds feed families

Children and families are in great need of donated food this summer.

June 1, 2015-August 28, 2015

Federal employees will join together to collect food nationwide for local food banks.

fedsfeedfamilies.gov

"Participate and Make a Difference!"

Drop-off locations:

- ❖ NEX
- ❖ FLEET & FAMILY
- ❖ LIBERTY CENTER
- ❖ MEDICAL/DENTAL
- ❖ COMMISSARY
- ❖ ALL QUARTERDECKS
- ❖ CHAPEL
- ❖ HOUSING

Please bring non-perishable food items and place them into a designated collection box located in your federal workplace.

EA1 Redden:
(228)822-5480
james.redden@navy.mil

CE3 Thomas:
(228)871-2454
endia.roberson@navy.mil

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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Put To The Test: An Examination of Study Habits

It's that dreaded time of year, when despite the blooming trees and singing birds, many baggy-eyed humans have confined themselves to dark corners, their heads buried in dusty old textbooks.

It's Exam Week across the nation, in secondary schools, community colleges, trade schools, and universities. And despite the heavenly flora and fauna beckoning us to run free, it's Hell on Earth.

In the Molinari family, all three of our children are in the midst of brutal final exams. Dealing with one anxious, hormonal teenager is enough to give a parent palpitations. But with all three of our children taking tests, my husband and I are considering installing a defibrillator in our kitchen.

I wonder if they have a stainless steel model?

Interestingly, one individual may deal with being "put to the test" differently than another. In our family, we each have completely distinct test-taking personalities.

The Giggler: Our youngest daughter Lilly, a 9th grader, doesn't whine or complain. She simply disappears into the computer room at night, and momentarily, we happily forget that she exists. But then, usually about 30 minutes into her study session, we hear it.

At first a murmur, and then a giggle, followed by bursts of outright laughter. "Lilly!" we yell from our lounge furniture, after remembering that we do indeed have children, and that they are supposed to be studying, "What's going on in there?"

"Julia and I are quizzing each other on Skype," she claims innocently enough. But somehow we feel duped as the giggle-fest continues.

The Thesbian: For our middle child, Anna, an 11th grader, exam week is a time of high drama. "I'm ready to be infuriated -- wish me luck," I said to my husband last night before entering our computer room to find out why Anna was crying. After years of enduring Anna's melodramatic behavior, and her epic stress-induced wrath, I knew I was in for a show.

I opened the door to find her draped theatrically over the couch, surrounded by textbooks and paper. One gangly arm covered her eyes, while her downturned lower lip trembled. "What's wrong?" I asked, bracing myself for histrionics.

"I'll never get it all done!" she wailed, suspiciously not lifting her arm to show her allegedly tearful eyes.

I spent the next 20 minutes explaining to Anna that -- if she takes a deep breath, breaks her work

into manageable pieces, cancels unnecessary activities, etc. -- she will survive Exam Week. But a happy ending is not what Anna had in mind for this script, which she envisioned more like the inevitable doom in *A Streetcar Named Desire* or the dire destiny in *Romeo and Juliet*. As the weeping and wailing continued, I ducked out of the room to spare myself her operatic final curtain call.

The Sloth: Our eldest, Hayden, a Freshman in college, takes a more laid back approach to Exam Week. In fact, in response to the added pressure, he "lays back" on just about anything he can find -- his desk, his piano bench, the floor, the couch at the Student Union, and of course, his bed.

"Multi-Variable Calculus? Physics II? Computer Science? Geeze, Hayden, are you worried about studying for all those exams?" we anxiously asked him over the phone last week. "Yea ... [elongated yawn] ... I'll study once I get off the phone ... but maybe ... I'll take a little nap first."

The Procrastinator and The Pragmatist: As for my husband and I, we suffered through many tests ourselves back in the day. I was a productive yet chronic procrastinator, doing everything BUT study. During exam week, my dorm room was



thoughtfully decorated, my nails meticulously manicured, laundry folded, and muffins baked. My career military husband, however, was the consummate pragmatist when he took exams, doing what needed to be done without needless emotion. After 27 years in the Navy, he's still a pragmatist, although much of his "studying" is now done in the bathroom.

It really doesn't matter whether our children laugh, cry, or snore their way through Exam Week, as long as they make the grade. And besides, their most important lessons in life are definitely yet to come.

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."

have immediate access to your records and can expedite care."

It is essential that all Navy leaders and Sailors understand their responsibility when it comes to storing and handling their medical and dental records, and their disposition after separation or retirement. Non-compliance with policy could impact timely adjudication of their VA benefits.

"Getting your records turned in and making sure the medical department or medical treatment facility knows you are separating or retiring really is in your best interest," Stewart said. "Make sure you have access to what you've earned."

For more information, read NAVADMIN 187/14 at www.npc.navy.mil.



The Navy-Marine Corps Relief Society offers trained financial counselors who can provide confidential financial counseling and assistance to help you and your family tackle a wide range of issues, such as:

- ~ How to create a workable budget
- ~ How to reduce monthly expenses
- ~ How to manage a checking account
- ~ How to read and understand your credit score
- ~ How to build a savings plan to pay for a new car or buy a house
- ~ How to plan for financial crisis
- ~ How to buy a car without blowing your budget
- ~ How to budget for baby
- ~ How to manage expenses at home while deployed or TAD

Energy Savings Tip: The American Water Works Association recommends the following steps to help conserve water: (1) Don't over water your lawn. Only water every three to five days in the summer. (2) To prevent water loss from evaporation, don't water your lawn during the hottest part of the day or when it is windy. (3) Use a broom, rather than a hose, to clean sidewalks and driveways.



NCBC Helping Hands

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.

ZOMBIE APOCALYPSE MAZE - Volunteers are needed to help construct a maze, assemble temporary walls and doors, and perform minor electrical and air conditioning work for a Zombie Apocalypse event June 5 in Gulfport. Volunteers are also needed for the event to serve as makeup artists, "zombies" and other support roles. Point of contact is: Dave, 708-203-6971.

GULF COAST HEALTH EDUCATORS

The Gulf Coast Health Educators are looking for 10 volunteers to help with setup for a fundraising event June 6, 8 a.m. - noon at the IP. Volunteers must be at least 21 years old. Point of contact is Geneva Dummer, 228-265-2229.

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.

USO activities for Active Duty, Guard, Reservists and family members

Military Spouses Breakfast:

May 30, 7:30 - 9 a.m. at USO Gulf Coast inside the Gulfport International Airport. Space is limited to the first 50 people so please RSVP by emailing usogulfcoast@uso.org.

Children 5 and Under Play

Date: June 3, 10 a.m. at Jones Park. Snacks and beverages will be provided.

Children's Movie Night: June 6, 6:30 - 8:30 p.m. at USO Gulf Coast inside the Gulfport Inter-

national Airport. This event is for child 12 and under. Snacks and beverages will be provided.

Family Pictures: June 7, noon - 5 p.m., at the USO Gulf Coast inside the Gulfport International Airport.



May 28, 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

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

Seabee Courier

MAY 29- JUNE 4

Fitness

Swim Lesson Signs ups open 6/1!
Join us for relaxing Yoga M/W/F at 9 a.m. & T/Th at 5:15 p.m.
5/30- Splash-N-Dash 8 a.m.
Water Aerobics are back M/W/F at 12 pm.!
Call 228-871-2668 for details!



May 30, 11 a.m., Gulf Islands Water Park Trip; \$22
June 2- 6 p.m., Tournament Tuesday's Ping Pong, 1st Place Prize
June 4- 6:30 p.m. Free Movie Thursday at Seabee Cinema, Pick up coupon at Liberty
June 5- 6 p.m., Flashback Friday- N64 Games- Mario Cart Racing!

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

Beehive

Join us every Thursday at 7 p.m. for Live Trivia complete with prizes!
Call 228-871-4009 for info

CDC

Water Play is back! Every Tuesday/ Thursday, weather permitting.
Be sure to send the proper attire for your children to participate!
Call 228-871-2323 with questions.

Seabee Cinema at the Training Hall

May 29
6 p.m.
Avengers: Age of Ultron
3D (PG13)

9 p.m.
Ex-Machina (R)

May 30
2 p.m.
Avengers: Age of Ultron (PG13)
5 p.m.
Paul Blart: Mall Cop 2 (PG13)
7:50 p.m.
Ex-Machina (PG13)

May 31
2 p.m.
Little Boy (PG13)

4 p.m.
Age of Adaline (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 & 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		
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

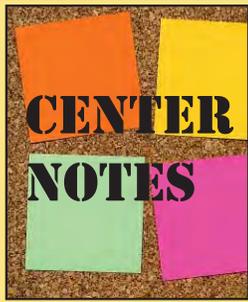
Father's Day Fishing Rodeo

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 NOR at 228-871-2127 during normal operation hours for more details

NAVY FEDERAL Credit Union Paid sponsor.
No Navy or federal endorsement implied.



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 nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at

317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

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

Project 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, 228-871-4033 for more information.

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 more info. **NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member 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.

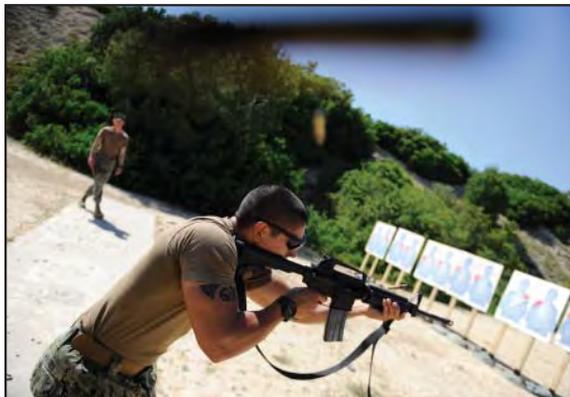
Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already 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. For info, contact the museum at www.seabeesmuseum-store.org or call gift store at 228-871-4779.

May 28, 2015

Seabee Courier



NMCB 11 - Rota, Spain

Builder Constructionman Jade Haney, assigned to Naval Mobile Construction Battalion 11, fires an M4 service rifle during a weapons familiarization exercise on board Naval Station Rota, Spain, May 16. NMCB 11 is a Seabee battalion specializing in contingency construction, disaster response, and humanitarian assistance. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

Gas and Glass

June 1, 9 - 1 p.m.

NEX Mini Mart and Gas Station

\$\$ Donations only - please!

Sponsored by: NCG2 CPOA

