

# SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

May 7, 2015

## Exercise, Exercise, Exercise



Personnel from base security are graded during a force protection exercise on board NCBC Gulfport, May 5. An active shooter exercise the morning of May 7 was held in the vicinity of the NOSC, building 114. The entire base was impacted as this exercise triggered a shelter-in-place and gate closure measures. Significant delays at the gates were experienced as everyone on base adhered to directions given via AtHoc, NCBC Facebook/Twitter, Commander's Access Channel and Giant Voice. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

## 3 Things Sailors Should Know About Updated Evaluation System Instruction

From Chief of Navy Personnel Public Affairs

NAVADMIN 113/15 announcing the update of Navy Performance Evaluation System, BUPERS Instruction 1610.10D, and summarizing instruction changes, was released May 7 and is posted at [www.npc.navy.mil](http://www.npc.navy.mil).

Here are three things to know about the updated instruction.

1. The instruction incorporates policy changes already released in instructions and NAVADMINs including: BUPERSINST 1610.10C change 1, BUPERSINST 1610.10C change 2, NAVADMIN 183/11, NAVADMIN 219/11, NAVADMIN 028/13, NAVADMIN 243/14, SECNAV Memo of 1 May 2014 and adds some new guidance. You can read and download the instruction at <http://www.public.navy.mil/bupers-npc/reference/instructions/BUPERSInstructions/Pages/default.aspx>.

2. The update adds total force language throughout with the most significant change requiring concurrent reports for Reservists performing active duty. This aligns with reports on active duty personnel on temporary duty or additional duty billets (ADDU) to another command.

3. Requires reporting seniors to document whether commanding officers, and officers-in-charge conduct required command climate assessments.

For more news from Chief of Naval Personnel, visit [www.navy.mil/local/cnp/](http://www.navy.mil/local/cnp/).

Support  
Military  
Spouses

# Behavioral Health Clinic offers flexibility for you and your family members

By Lt. j.g. Julie Bishop  
Behavioral Health Clinic Gulfport

**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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Are you feeling overwhelmed with problems and emotions? Are you feeling sad, anxious or irritable? Don't know where to turn? Look no further than the Behavioral Health Clinic.

Our staff comprised of two psychiatrists, two psychologists and one licensed clinical social worker is here to assist active duty service members and their family members, to include children, with your mental health needs.

We offer a wide range of mental-health services to include individual and group counseling for active duty military and adult family members as well as medication management for active duty service member.

Why should I come to the Behavioral Health Clinic in Gulfport? This is an outstanding question with a very simple answer, continuity of care.

Whether you are active duty military or a family member, there is an eventuality that you will be required to relocate to a new area either via permanent change of station or retirement. The Department of Defense (DOD) now provides access to all medical records on a global basis.

What does this mean? It is a fancy way of saying; your medical records electronically follow you wherever you may go within the DOD. This allows for better continuity of care as your new provider would have direct access to all treatment records ensuring that your continuing needs are met even when you leave the area. No waiting for your records to be sent to your new provider, no release of information required it is all done with one smooth process.

Your new provider would be able to see all the care

you and your family members were receiving at the Behavioral Health Clinic.

Your military treatment records may also accessible by the Veterans Administration as well although you will need a copy of your record when you go the Veterans Administration. This can be especially important when continuing services for depression, anxiety, or Post Traumatic Stress Disorder.

What if your family member want to see a civilian provider out in the community. That can be an understandable comment especially from family members. However, did you know that you are generally provided time limited services when utilizing a civilian provider outside the military treatment system?

Tricare only provides a number of authorized appointments when seeking mental health services and you will require additional authorization for additional appointments. However, using the Behavioral Health Clinic ensures your family will have access to care until they feel better which is accomplished in coordination with your provider and not Tricare.

These are just two major advantages of the Behavioral Health Clinic at the Branch Medical Clinic, Gulfport for both military and civilians

If you are considering mental health treatment, consider the Behavioral Health Clinic at the Branch Medical Clinic, Gulfport. A referral from your primary care manager is not necessary for active duty military. Family members will require a referral from their primary care manager You may contact the Behavioral Health Clinic at 228-822-5710 to schedule your appointment.

### A reminder from NCBC Security:

Supervisors and Building Managers should periodically inspect trash and other disposables for pilferage of Government Property and classified materials. Dumpsters used by your facility should be randomly inspected for suspicious packages, contraband, or other illegal activities. Call 228-871-2361 or 911, if you find suspicious or questionable items.

**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**

### Commissary hours of operation are:

**Sunday, 11 a.m. - 6 p.m.; Monday, CLOSED; Tuesday, 9 a.m. - 7 p.m.; Wednesday, 9 a.m. - 6 p.m.; Thursday, 9 a.m. - 7 p.m.; Friday, 9 a.m. - 6 p.m. and Saturday, 9 a.m. - 6 p.m.**

**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.

# USS America's first change of command emphasizes ship's role in 21 Century seapower

By Capt. Michael W. Baze

USS America (LHA 6) Commanding Officer

As the new commanding officer of USS America (LHA 6), I am honored to continue the proud tradition and legacy of this ship. USS America is unlike any other amphibious assault ship in the fleet because we are specifically built for the future of U.S. Marine Corps aviation and sustainability. Although America is still a newly commissioned warship, we have already had several opportunities to work closely with our Marine Corps counterparts, especially during our maiden deployment around South America, "America Visits the Americas." During my tour as America's executive officer, I learned even more that amphibious ships truly do carry the most versatile and lethal weapon in the world—the United States Marine.

When I think about how America is going to continue serving the fleet and our Navy's 21st Century Seapower strategy, I foresee this ship providing a strong, dependable and forward-leaning naval presence in all mission sets—with an emphasis on aviation. This ship will be going through several flight deck modifications over the next several months to more fully support current and future Marine Corps aircraft such as the tilt-rotor MV-22 Osprey and F-35B Joint Strike Fighter. The Joint Strike Fighter combines advanced stealth with fighter speed and agility, fully-fused sensor information, network-enabled operations and advanced sustainment. America's first deployment will likely employ this aircraft, which makes us the optimal platform of the future for complex and diverse operations.

I know the crew of America will continue to effectively and compassionately engage with our allies and partners during all tasking from our maritime commanders. During the ship's two-month maiden voyage, America participated in several cooperative training evolutions with host nations such as Colombia, Brazil, Chile and Peru. These nations proved to be valued friends and partners through team sporting events, field training exercises, cross-deck training opportunities and various at-sea tactical maneuvering drills. Many of our Sailors and Marines even volunteered for enhancement projects at local schools, orphanages and other facilities while inport. Even so early in the ship's life, America's crew truly demonstrated the meaning behind goodwill ambassadors.

America is above all a warfighting platform and represents the readi-

ness, innovation and efficiency critical to maintaining our modern and capable military forces. The concepts built into the design of the America-class are simply unmatched. America, without a doubt, will be the ship Marines want to embark for aviation-centric missions well into the future. Whether it is a humanitarian mission, embassy evacuation, or air assault, America will be waiting and ready to answer the call.

Building upon the historic partnership of our Navy and Marine Corps team, America's Sailors and Marines illustrate an unparalleled, sustained effort in executing our maritime strategy. I am confident these fine Americans will continue serving together with honor, courage and commitment to protect our country, and demonstrate only the finest qualities of our great nation.



The amphibious assault ship USS America (LHA 6) is underway off the coast of San Diego preparing for final contract trials. America is the first ship of its class and is optimized for Marine Corps aviation. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jonathan A. Colon/Released)

May 7, 2015

## NCBC hosts inaugural Legal Symposium

By BUCN Elizabeth Mills

NCBC Public Affairs

Region Legal Service Office Southeast (RLSOSE) hosted the inaugural Legal Symposium April 29 – May 1 on board Naval Construction Battalion Center (NCBC) Gulfport.

The symposium covered such topics as, notary, wills, Mississippi entitlements, immigration, predatory lending, personal safety, restraining orders, adoption/guardianship, child support, divorce and conversion packages.

According to Lt. Chuck Roman, RLSOSE as-

sistant attorney, the symposium is to ensure Sailors and their family members are legally prepared before and during deployment.

According to Chief Legalman Tracey Mitchell, the symposium is a foundation for further endeavors for any future legal issues.

RLSOSE offers legal assistance, defense services and a staff judge advocate. The mission of the office is to provide and prompt, courteous and high quality legal aid to active duty members.

The mission of the defensive services is to support naval offices by providing advice and

assistance to trail defense counsel. The mission of the staff judge advocate is to provide prompt and effective legal services to commands, to include investigations, military justice and administrative legal.

"The information provided by the legal symposium is for educational and general informational purposes only," Mitchell said. "The information should serve as a starting point not a conclusion to your legal issues.

RLSOSE is located in the Fleet and Family Support Center (FFSC). For more information or to contact legal call 228-871-2627.

A REMINDER FROM NCBC  
SECURITY

buzzed  
driving is  
drunk  
driving

### The Sailor's Creed

I am a United States Sailor.  
I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.  
I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.  
I proudly serve my country's Navy combat team with Honor, Courage and Commitment.  
I am committed to excellence and the fair treatment of all.

Seabee Courier



**Builder Constructionman Anthony Seaton, attached to Naval Construction Training Center (NCTC) builds a wall frame for a model house on board NCBC Gulfport, May 6. This phase of Builder "A" School emphasizes framework and structural layout. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)**



**Personnel attached to Naval Mobile Construction Battalion (NMCB) 133 stand on the firing line waiting for the command to begin their Category (CAT) III, M9 pistol qualification on board NCBC Gulfport, May 4. The CAT III qualification is required for all personnel who are issued weapons for combat support and expeditionary operations. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)**



# Buzz on the Street

By CE3 Dustie Bond, NCB Public Affairs

***"What are you going to do for military spouse appreciation day?"***



"I will take the family out to dinner."

**BU1(SCW) James Delduco  
NMCB 133  
Hometown: Poughquag, N.Y.**



"I will take her out to dinner and treat the day just like Valentine's Day."

**CS1(SW) Corey Darby  
Command: NCBC  
Hometown: New Orleans, La.**



"We will go out and do something together as a family."

**BUCN(SCW) Jenelle Jones  
Command: NMCB 1  
Hometown: Honolulu, Hawaii**

# Back in time . . .

## Seabee history - Vietnam Era



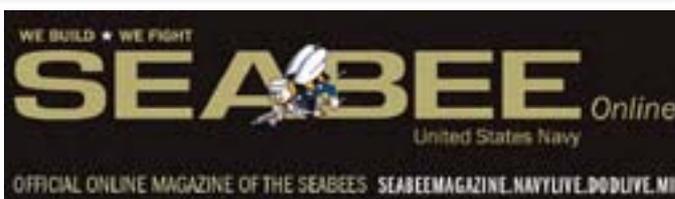
**NMCB-62 personnel use buckets to place concrete into the pile cap forms at the Dong Ha Bridge 1969 — in Dong Ha. The last big project assigned to NMCB-62 during their 1969 deployment to Dong Ha was to build a bridge over the Bo Dieu River. Tasked to replace the old rickety one-lane French structure, the new bridge would open a main artery on Highway 1 allowing supplies to freely reach troops in the DMZ. NMCB-62 completed the bridge only one day before the rains really started coming down to send the Bo Dieu River overflowing its banks. Five concrete piers, their tops hidden beneath the water, were used as stepping stones by the steel and wood giant that lurched across 530 feet of space. Once completed it was one of the longest highway bridges in Northern I Corps. Throughout the day and night tanks, jeeps and trucks pass back and forth, their drab green color broken only by the colorful clothing of local Vietnamese people for whom the bridge was to be a highway to better markets and a better future.**

### Energy Savings Tip:

Only 10 percent of energy in a light bulb is used to create light. Ninety percent of a light bulb's energy creates heat. Compact fluorescent light bulbs (CFLs), on the other hand, use about 80 percent less electricity than conventional bulbs and last up to 12 times as long.



**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



**RACE ENGINES, DIRT BIKES, ATV's, CIGARETTE BOATS, ZODIACS**  
Are you up to the challenge of hard work and repairing unique SOF equipment?

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



- Motivated / Volunteer
- Pass Navy PFA
- E4-E6
- No NJP
- No bankruptcy
- Obtain Secret/TS clearance

Email us at [JDE/GRURecruiting@yb.socom.mil](mailto:JDE/GRURecruiting@yb.socom.mil) or contact your detailer to request additional information.

### See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure on-line 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 ON-LINE: 1. Go to [www.NCIS.navy.mil](http://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.



### 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.

# Seabees around the World



Above: Naval Mobile Construction Battalion (NMCB) 11 personnel judge the Harry S. Truman Elementary School's annual science fair. NMCB 11 Detachment Guam is currently deployed in Guam to provide a naval construction force ready to sup-

port operations ranging from disaster relief to major combat operations throughout the PACOM area of responsibility. (U.S. Navy photo by Electronics Technician 3rd Class Seth Reed/Released)



Above: Seabees from Naval Mobile Construction Battalion (NMCB) 1, Detail Pincastle conduct paving operations (U.S. Navy

photo provided by NMCB 1 Public Affairs Office/Released)

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Seabee Courier

# The Multicultural Diversity Committee Remembers the Holocaust

Story and photos by **BCN Samantha Opyoke**  
NCBC Public Affairs

The Multicultural Diversity Committee (MCDC) sponsored the annual Holocaust Days of Remembrance ceremony at the Training Hall on board Naval Construction Battalion Center (NCBC) Gulfport, April 28. The ceremony consisted of a guest speaker, historical videos, and poems.

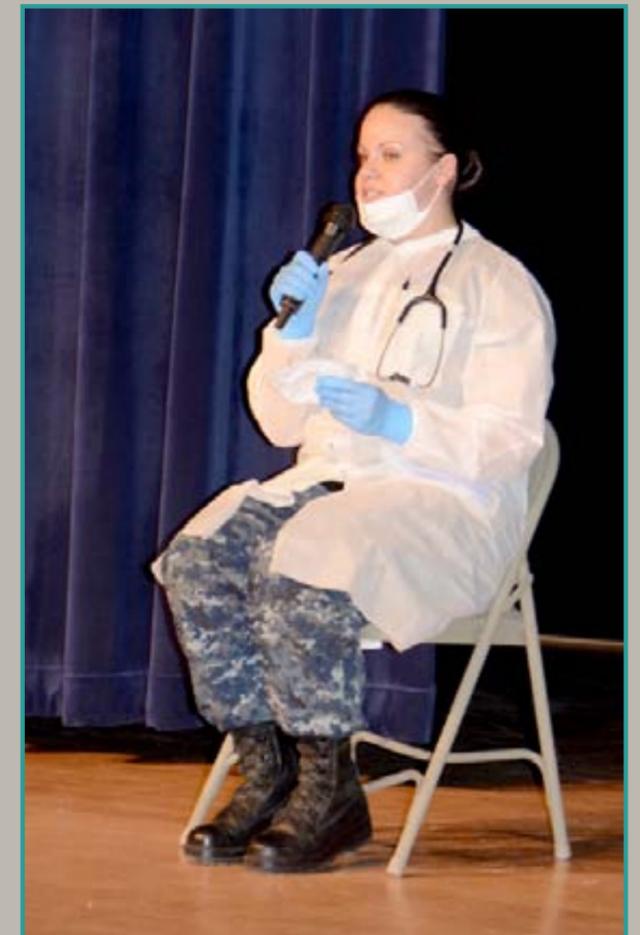
The guest speaker for this event was Rabbi Akiva Hall from Ocean Springs. After graduating high school in 2008, he attended Yeshiva (Jewish religious seminary) for two years in Los Angeles, Calif. He and his wife Hannah are co-directors of Chabad-Lubavitch of Southern Mississippi, a Jewish outreach organization based in Biloxi. His speech consisted of an inspiring message concerning the holocaust and hope for the Jewish beliefs.

MCDC hosts many events throughout the year and also alcohol awareness for NCBC staff. The mission of the MCDC is to provide cultural awareness, foster

positive morale, professional progress and command cohesiveness through the promotion of camaraderie, teamwork and leadership. The committee currently consists of 30 members and is dedicated to educating the community and presenting the differences that create the diverse military you see today. Meetings are held on every Wednesday of each month at noon in the base training hall. Only military and civilian personnel permanently assigned to NCBC Gulfport and tenant commands, or those who are temporary assigned duty (TAD) for a period of 12 months or longer and able to participate, are eligible to join the Committee.

"The Diversity Committee is a base-wide committee that acknowledges and celebrates all cultures. We represent and protect all diversity all year round," said MCDC President, Hospital Corpsman 3rd Class Melanie Arterberry.

If you are interested in MCDC, you may contact HM3 Arterberry for more information on how to join at [Melanie.simmons@med.navy.mil](mailto:Melanie.simmons@med.navy.mil).



# Focus on Education

## Sailors to Compete for GMT Video Honors

From Naval Education and Training Command Public Affairs

The Naval Education and Training Command (NETC) is sponsoring a competition for a new General Military Training (GMT) video on hazing beginning April 27.

The contest is open to all active duty and reserve U.S. Sailors. Contestants may submit multiple entries as an individual or as part of a team.

The new Sailor-produced anti-hazing videos will allow the training effort to expand through the integration of realistic, scenario-based training videos created by Sailors for Sailors.

"I have seen some incredibly creative videos made by Sailors and I believe that we can improve our GMT with Sailor-produced videos that encourage an honest and engaging discussion on hazing, specifically addressing the harm caused by such acts and why people participate in them," said Rear Adm. Mike White, NETC commander. "Hazing in any form is not acceptable and counter to the Navy's core values."

Each video should convey a clear anti-hazing message using the core theme that hazing destroys a service members' confidence and trust in their shipmates and is destructive to unit cohesion and combat readiness. The videos can be any length up to a maximum of five minutes long.

"Products reflecting the participant's unique artistic style are encouraged as long they convey a constructive message," said Bill Marvel, NETC GMT program manager. "Submissions will be judged on story telling ability, creativity, message clarity, content relevance, potential impact, and adherence to the competition rules."

The winning video will be featured on official Navy websites and social media, and will be incorporated into Navy GMT lessons for FY 16. Awards will be given for first-through-third-place submissions.

All entries must be submitted between April 27 and July 31. Entries may be submitted by mail to NETC or through the milsuite website.

Detailed contest rules, submission instructions, information, format requirements, technical and legal requirements for entries can be found on the NETC website at <http://www.netc.navy.mil/>

All questions regarding contest rules can be addressed to the point of contact Bill Marvel by email at [netc\\_gmt\\_contest@navy.mil](mailto:netc_gmt_contest@navy.mil).

For more information on Naval Education and Training Command visit <https://www.netc.navy.mil/>.



Call  
**1-800-TRICARE (874-2273)**  
Option 1  
**24 hours a day,  
7 days a week**

## Education Notes

### New Navy Spouse Class

A New Navy Spouse class will take place May 12, 10 a.m. - 1:30 p.m. Please sign up in advance by calling the Fleet and Family Support Center at 228-871-3000.

### EFMP Command POC Training

Exceptional Family Member Program command point of contact training will take place at Stennis Space Center, May 18, 1 - 3 p.m. To register, call the EFMP Liaison at 228-871-3000.

### NCIS Crime Prevention Program

As part of its Crime Reduction Program, Naval Criminal Investigative Service (NCIS) will conduct briefs on Sexual Assault Awareness for all civilians and military personnel at the Training Hall, building 446 from 2 - 3 p.m., on the following dates: May 14, 28; and June 11, 15. Everyone is welcome to attend. Point of contact for more information is NCIS Investigator Michael Bryan, 228-822-5315.

### Coastline Community College Registration

Registration for Coastline Community College summer term is now going on through June 8. The summer term begins June 15 and ends Aug. 9. Additional information may be obtained by calling Dr. David Drye, 228-871-3439 or [DDRYE@COASTLINE.EDU](mailto:DDRYE@COASTLINE.EDU) or visiting the Navy College office in Building 60, room 239.

### 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.

## JOB FAIR

**NCBC Gulfport  
Fleet and Family Support Center  
Job Fair**

May 20, 10 a.m. - 2 p.m.  
Fleet and Family Support Center, Building 30  
Phone: 228-871-3000 for more information

Shell Oil will have a representative at the Fair and at 2 p.m., the Shell employment test will be given at FFSC for anyone interested in working in the oil industry

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

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## The calendar is full of obscure national holidays

Why, in the last week alone, we've been encouraged to celebrate National Chocolate Parfait Day, Beer Pong Day, Scurvy Awareness Day, and National Lumpy Rug Day.

Last month, we were afforded the opportunity to recognize Ex Spouse Day, National High Five Day, Bat Appreciation Day, and National Cheeseball Day. And next month, we'll gear up for World Jugglers' Day, Hug Your Cat Day, and Waffle Iron Day. And nestled in there — among all those weird holidays praising Paul Bunyan, Peach Blossoms, and Ear Muffs — on the Friday before Mother's Day, is Military Spouse Appreciation Day.

Is Military Spouse Appreciation Day a real holiday? Or is it just another unsung observance like Extraterrestrial Abductions Day and Tell a Fairy Tale Day?

According to Jacob Stein of the Congressional Research Service, there are only "11 permanent federal holidays established by law ... New Year's Day, Martin Luther King Jr.'s Birthday, Inauguration Day (every four years following a presidential election), George Washington's Birthday, Memorial Day, Independence Day, Labor Day,

Columbus Day, Veterans Day, Thanksgiving Day, and Christmas Day."

The vast majority of "National Holidays" such as Grandparents' Day, Squirrel Appreciation Day and even Halloween are not established by an act of congress, but rather, are the result of widely recognized tradition, brilliant corporate marketing campaigns, or a bunch of goofy college kids who are good at social media.

However, there are a some special days of the year that, although they are not deemed to be federal holidays, they have so much national significance that the President of the United States issues an annual proclamation calling upon the public to honor the cause, event or individual.

Military Spouse Appreciation Day is one of those significant public observances.

In 1984, President Ronald Reagan established Military Spouse Appreciation Day by Proclamation 5184, recognizing the countless sacrifices and unselfish contributions made by Military Spouses since the days of the Continental Army:

"[Military Spouses] subordinated their personal and professional aspirations to

the greater benefit of the service family. Responding to the call of duty, they frequently endured long periods of separation or left familiar surroundings and friends to reestablish their homes in distant places. And there they became American ambassadors abroad. As volunteers, military spouses have provided exemplary service and leadership in educational, community, recreational, religious, social and cultural endeavors. And as parents and homemakers, they preserve the cornerstone of our Nation's strength—the American family."

Thirty years later, Military Spouses continue to support their husbands, wives, families and country, despite facing serious career obstacles and family hardships because of their unpredictable, mobile military lifestyle. Why don't we recognize "Accountant Spouses," "Engineer Spouses," or "Chef Spouses" in the same way as Military Spouses? Because being a Military Spouse is not just a description based upon a husband or wife's job — it's a lifestyle commitment that requires a sense of duty, honor and patriotism.

Especially now, it's crucial that the public



shows its appreciation for our all-volunteer military force, along with the family members at home. Like their husbands and wives, Military Spouses need to know that their sacrifices are worth it.

This year, Military Spouse Appreciation Day falls on May 8th. During the week you may feel compelled to celebrate Star Wars Day (May 4), Ferret Day (May 5), and Lost Sock Memorial Day (May 9), but carve a little time out of your busy calendar to recognize a truly important national holiday.

On May 8th, commemorate Military Spouse Appreciation Day by acknowledging that, not only is it a real holiday, it's really important.

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

"Like"  
Naval Branch  
Health Clinic  
Gulfport on  
Facebook!

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

Note: If two pages come up in search results, it will be the one without "Mississippi" after Gulfport.

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to [bonnie.lindleymcgerr@navy.mil](mailto:bonnie.lindleymcgerr@navy.mil). Check out the website at: [http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html). Anyone with Cable One can also view the Commanders Access Channel on Channel 100.

### Keep What You've Earned

If you think that a friend or shipmate needs help controlling their drinking, don't wait until they hit rock bottom—talk to them about your concerns. When approaching a friend, don't attempt to talk to them while they're drunk. Wait until they're sober, then express your concern rather than blame or criticize. Bring up specific incidents that worried you, and be sure to offer to go with them to get help. And remember that you can always ask your Command DAPA or SARP counselor for advice—they're the experts.

# NCBC Helping Hands

**WEST HARRISON HIGH SCHOOL** - West Harrison High School, 10399 County Farm Road, Gulfport is asking for volunteers to serve as testing proctors: May 11 – 15. Volunteers do not have to work all of the days, but are asked to stay until testing is completed for the day. Point of contact is: Julie Cullinan, 228-539-8900, or JCullinan@harrison.k12.ms.us

**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.

**BILOXI VA** - Volunteers are needed for a car show, May 9. Volunteers are needed to set up for the show at 7:30 a.m. and also to escort patients from 9 a.m. - noon. Point of contact is Susan, 228-871-3640.

**READING TUTORS** - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulf-

portschools.org or call 228-865-1933 to volunteer.

**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.

**THE CITY OF MOBILE/MOBILE BAY NATIONAL ESTUARY PROGRAM** – Volunteers who can work in water, in an area with an abundance of reptiles are needed to help clean up the shore lines at a tributary in Mobile Bay, May 2. The area is severely impacted by trash, and it's beginning to affect the wildlife in the water. EPA Trash Free Waters will also show a trash boat demonstration after the cleanup. Lunch, refreshments, event t-shirts will be provided. Transportation will also be provided if there are enough volunteers. Point of contact is BU1 Monkress from NCG 2 at 228-860-8709.

**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](http://www.usovolunteer.org).

## Seabee Memorial Chapel

### What's happening at the chapel?

#### Protestant

##### Sunday

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

10:30 a.m. - Services

##### Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

#### Catholic

##### Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

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](mailto:gulfport-chapel.fct@navy.mil), or call us at 228-871-2454.*

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

# MAY 8-14



## The Grill

Cool off with a refreshing  
Breaker Salad this month!  
Roasted chicken on a bed of lettuce with  
cucumber, feta cheese, strawberries,  
blueberries, red onion & tomato for just \$7.25.  
Order yours today!  
Call 228-871-2494 for more details

## Navy Outdoor Recreation

May Special- Rent a lawn mower, weed-eater/  
edger and 100 ft extension cord for ONLY \$10!  
Limited supplies.  
Call 228-871-2127 for info

## Fitness

Join us for relaxing Yoga M/W/F at 9 a.m. &  
T/Th at 5:15 p.m.  
5/9- Class 1 Stand Up Paddle Boarding  
5/19-5/21- Aquatics Freestyle Clinic  
Call 228-871-2668 for details!

## ITT

Enjoy your summer with discounts on local  
attraction tickets- Gulf Islands Water Park,  
Ship Island Excursions, Audubon Attractions &  
more! Call 228-871-2231 for info & prices.

## Auto Skills

Take advantage of the longer days with  
Summer Hours:  
W-F 12-8 p.m. Sat 9 a.m.- 5 p.m.  
Call 228-871-2804 for info

## SNEAK PEEK AT THE DIGITAL CINEMA!

5/9 at 7 p.m.- FREE SNEAK PEEK FEATURE LENGTH  
*PITCH PERFECT 2 (PG13)*  
Pick up tickets during regular cinema hours May 7-9, 1 per person present

## Digital Cinema at the Training Hall

May 8  
6 p.m.  
The Longest Ride (PG13)

8:30 p.m.  
It Follows (R)

24 Hour Movie Hotline  
228-871-3299

May 9  
2 p.m.  
Furious 7 (PG13)

7 p.m.  
**FREE SNEAK PEEK  
Feature Length  
Pitch Perfect 2 (PG13)**

May 10  
2 p.m.  
Home 3D (PG)

4:30 p.m.  
Furious 7 (PG13)  
**\$1 SHOWING**

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
Free Movie 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	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Teen Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	

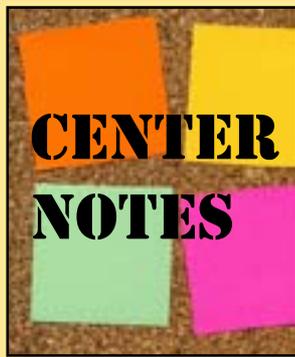
NEW HOURS



May 8- 6 p.m., Liberty Live Party!  
Battlefield Hardline PS4- Free Pizza & Prizes!  
May 9- 10:30 a.m., Ship Island Excursions, \$20  
May 12- 6 p.m., Tournament Tuesday's  
Corn-Hole Tournament, 1<sup>st</sup> Place Prize  
May 14- 6:30 p.m. Free Movie Thursday  
at the Digital Cinema,  
Pick up coupon at Liberty

May 7, 2015

Seabee Courier



# CENTER NOTES

## 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@focusproject.org](mailto:Gulfport@focusproject.org)

### Gulfport Officer's

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

**Navy Wives Clubs of America, Inc.**, is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsof-america.org](http://www.navywivesclubsof-america.org) for more information on NWCA.

**NMCRS** The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The

Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

### Gamblers Anonymous

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

## TRAINING

### Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

## SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

## NCBC Multi-Cultural Diversity Committee

is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, HM3 Arterberry, 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 at-

tend. 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](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

## HERITAGE

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

## OFF LIMITS

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of Sept. 30, 2014.

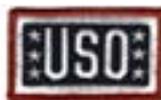
**Biloxi:** YaYa's, 2751 Pass Road; Club Veaux, 834 Howard Avenue.

**Gulfport:** Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue.

**Pascagoula:** Bunksmall

Apartments, 708 South Pascagoula Street.

Service members are ordered not to enter or patronize these off-limit establishments of 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 June 25, 2014.



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

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

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

## NCBC Construction



### Now until May 15:

Building 118 South Parking Lot. The parking lot will remain closed as construction continues at the Broad Avenue gate.

### Now until May 8:

Westbound Lane of Marvin Shields Blvd. at the west parking lot exit of Dental to Rodgers Ave. Concrete sidewalk is being placed at

location of new Medical Clinic. Traffic will be closed periodically throughout the work. Please avoid the construction areas if possible and watch for construction workers. **May 9:** Power Outage: Building 400 will experience a power outage May 9, 8 a.m. - 3 p.m., as power is removed from Building 399 to al-