

SEABEE COURIER

Vol. 56 No. 15

Naval Construction Battalion Center, Gulfport, Mississippi

April 14, 2016



Thousands of people came out for a free day of fun at Seabee Day 2016 on board Naval Construction Battalion Center (NCBC) Gulfport, April 9. Highlights from the day's activities included Convoy Security Element exercises by members of Naval Mobile Construction Battalion (NMCB) 11, equipment displays and demonstrations by NMCB 11 and underwater tic tac toe for kids courtesy of Underwater Construction Team (UCT) 1 out of Virginia Beach, Va. Guests also enjoyed free carnival rides and dozens of games. More than 60 vendors were on hand to tempt everyone with delicious food, beverages and merchandise to take home. Visitors strolled

by to admire the string of classic vehicles that were on display at the car and truck show. Congratulations to competition winners Brian and Sherrie Farricy, Jim Wallace, and William Baugh. The day wouldn't have been complete without the annual hot wing eating contest. This year's winner, Carey Parker, managed to consume 46 wings! Guests enjoyed musical entertainment provided by 90 degrees West and Brandon Tingstrom. A big thanks to everyone involved in making this year's Seabee Day the best one yet! (U.S. Navy photos/Released)

More SEABEE DAY pictures are available on Facebook

NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

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Special Contributors

BCUN Samantha Opyoke

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Victim Legal Counsel Note:

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

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

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

All communications between eligible victims and VLCs are confidential!

Those eligible for VLC services include active duty Sailors, certain Reservists, and if the alleged offender is an active duty member, both adult and child dependents.

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

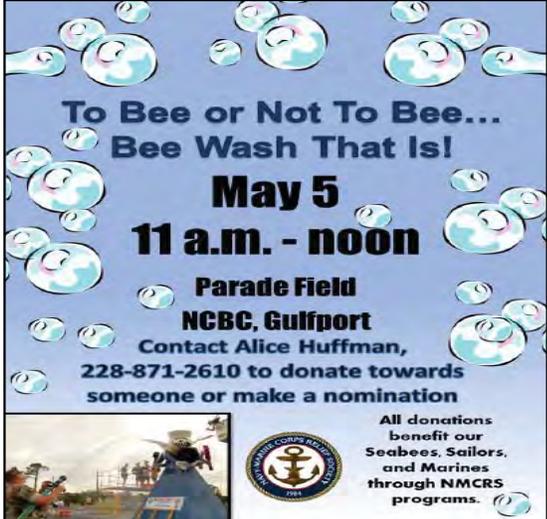
To reach the VLC who supports NCBC Gulfport, NAS JRB New Orleans, and NAS Meridian, please call Lt. Cmdr. Davin Rieke at 228-871-2909 or via email at davin.rieke@navy.mil.

**NMCRS Active Fund Drive 2016
Bee Wash Standings (as of April 13)**

Nominee	Command	Dept Contributions
Janet Odenthal	GOSC	\$140.30
CUCM Shawn Babb	Lucky Eleven	\$133.00
CDRE Aguayo	22NCR	\$128.43
Alice Huffman	NMCRS	\$101.00
Charles Hodge	NCBC Admin	\$70.00
CDR Anthony Conley	NCBC	\$55.00
CDR Stasick	NCG2	\$29.92
CAPT Hansen	NCBC	\$25.00
Rob Mims	NCBC	\$20.87
CDR Cuadros	Lucky Eleven	\$20.00
CDR Spears	The First and the Finest	\$20.00
EQCM Helen Daniel	7NCR	\$20.00
CDR Jason McCoy	NOSC	\$8.73
Total contributions as of April 13		\$772.25

“The Rules”

- ~ Anyone, military or civilian from any command can be nominated, by donation, to wash the Seabee.
- ~ Donations will continue to be made toward a nominated Bee Washer.
- ~ Bee Wash nominees can be creative with their nomination and if they choose, encourage donations.
- ~ Final donations must be made by May 4, 1 p.m.
- ~ The Top five Bee Wash nominees will be Washing the Bee May 5. The top fund raiser will be in the bucket truck, if it is available and the remaining four will wash from the scaffolding.
- ~ Are you in on the FUN? Contact Alice Huffman, 228-871-2610 to donate toward someone or make a nomination.



**To Bee or Not To Bee...
Bee Wash That Is!**

**May 5
11 a.m. - noon**

**Parade Field
NCBC, Gulfport**

Contact Alice Huffman,
228-871-2610 to donate towards
someone or make a nomination

All donations benefit our Seabees, Sailors, and Marines through NMCRS programs.



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



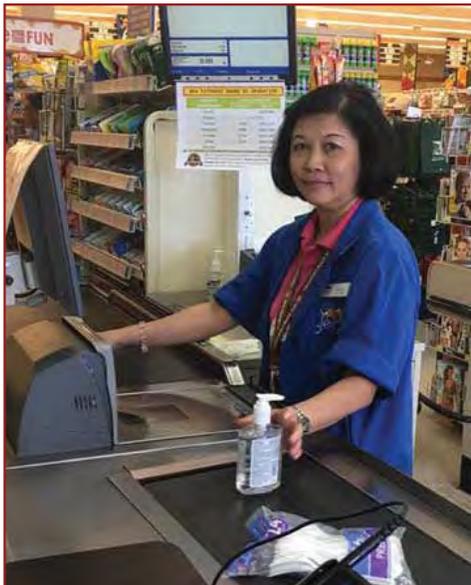
Safe Helpline

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.SafeHelpline.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.

Attention: Due to traffic configuration changes, delays may be experienced when entering/exiting NCBC Gulfport. Please slow down, pay attention to Security Forces and plan accordingly.



Cashier Marlyn Abella scans items at the Commissary on board Naval Construction Battalion Center Gulfport, April 7. The Commissary is open Sunday 11 a.m. to 6 p.m., Monday - Closed; Tuesday, 7:30 a.m. - 7 p.m., Wednesday, 7:30 - 6 p.m.; Thursday, 7:30 a.m. - 7 p.m., Friday, 7:30 a.m. - 6 p.m., and Saturday, 9 a.m. - 6 p.m. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

A Sexual Assault and Awareness 5K took place at the Fitness Center on board Naval Construction Battalion Center Gulfport, April 8. Teal T-shirts were given to the first 200 runners to cross the finish line and drinks and snacks were provided to all runners. The 5K Awareness Run was followed by a Human Ribbon Formation which consisted of the top 200 runners. April is Sexual Assault Awareness and Prevention Month. Special events are being held throughout the month to raise awareness and provide information on preventing and reporting abuse. A listing of planned activities for the remainder of the month is on page 12 of the Seabee eCourier. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Koi, left, and Claire play with animal figurines on a rainy day at the Child Development Center (CDC) on board Naval Construction Battalion Center Gulfport, April 12. CDC hours of operation are 6 a.m. - 5:30 p.m. Monday through Friday. CDC is currently offering "Give Parents a Break" - a program designed to provide parents with a short pbreak when it is needed. For details on the program and other information about CDC, please call 228-871-2323. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Sales Associate Lisa Gordine labels jewelry at the Navy Exchange (NEX) on board Naval Construction Battalion Center Gulfport, April 13. The NEX is currently selling Navy and Marine Corps Relief Society (NMCRS) tickets to be used to redeem 10, 20, and 30 percent off select items April 22 - 24 in support of the Active Duty Fund Drive. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



~April is Child Abuse Prevention Month~

Fleet and Family Support Center, Gulfport and volunteers work to bring attention to the importance of eliminating child abuse with a sign campaign surrounding FFSC ~



Top left: **Equipment Operator 2nd Class Jared Wygant** assigned to **Naval Construction Group (NCG) 2**, paints one of 50 signs for use during the "50 Positive Things to Say" campaign on display in front of **Naval Construction Battalion Center (NCBC) Fleet and Family**

Support Center. Bottom right: **Volunteers Construction Mechanic 1st Class Willie Backley** of **NMCB 11**, wife, **Michelle** and daughter, **Mackenzie** worked together to putting the signs together and **pounding them into the ground.** (U.S. Navy photos/Released)

From Fleet and Family Support Center Gulfport

Imagine how the lives of many individuals would be different today if each day of their childhood, he or she was told, "You make me better," or "I believe in you," or "We all make mistakes and you can try again tomorrow?" While history cannot be re-written, the future is ours to write ... and re-write ... daily. Our words can be extremely powerful and impactful and choosing positive words makes a world of difference as research shows that the messages children receive can shape who they believe they are.

April is Child Abuse Prevention Month and

in honor of this, the Fleet and Family Support Center (FFSC) has placed 50 signs around the building which offer encouraging phrases that every child deserves to hear. This year's theme, "Children Thrive, When Supervised, Safe and Sound," promotes parent(s) and child caretaker(s) to engage in "active" supervision parenting practices.

Since it is everyone's obligation to ensure that children are kept safe from abuse and neglect, prevention requires all adults to become familiar with the warning signs of abuse and neglect and to know where they could find help.

FFSC will continue events to bring attention to Child Abuse throughout the month. See page 12 for a listing of activities.

General signs of child of abuse/neglect:

- ~ Shows sudden changes in behavior or school performance;
- ~ Has not received help for obvious physical or medical problems;
- ~ Is always watchful, as though preparing for something bad to happen;
- ~ Is seen without adult supervision;
- ~ Is overly compliant, an overachiever, or too responsible; or
- ~ Goes to school early, stays late, and does not want to go home.

**Report suspected child abuse to Fleet and Family Support Center
at: 228-871-3000, the Mississippi Department of Human Services:
1-800-222-8000 or 601-432-4570, or dial 911**

Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

April 22 is Earth Day. Can you give an example of what you personally do to help the environment on base or at home?



"I volunteer to pick up trash every Sunday with my church."

Builder Construction-man Apprentice Phillip Shoats
NMCB 1



"I recycle plastics, glass and paper as frequently as I can."

Builder 3rd Class Ashley Lynn
NMCB 1



"I turn off lights in my barracks room when not in use."

Builder 3rd Class Matthew Thornton
NMCB 1

Dear Military Child: Culture Shock

By **Deja Fisher**
Special Contributor



We were on the plane for 16 hours before we made it to Japan. We landed at the Yokota Air Base which was two hours away from the base where my mom's duty station was located. From this point we had to board a bus that would take us to Yokosuka, our final destination. Seeing the bus was my first dosage of culture shock. When I looked at it, I immediately noticed that the driver's side was on the right instead of the left and when we pulled away from the airport I realized that we were driving on the opposite side of the road.

During the ride to Yokosuka, my mom chose to take a nap. I chose to occupy my time by scanning our surroundings looking for anything that was even slightly familiar to something I would spot if I were still in the United States. I failed to notice any familiarities because I was only able to focus on the differences. I first attempted to read the road signs but they were covered in kanji characters that I could not even begin to understand. I gave up on trying to decipher the road signs and just glued my eyes to the window, making note of the things we drove by.

We passed by billboards which advertised products I had never heard of. We passed by restaurants that had plates of food – meals that I assumed were on their menus – in their window displays. For about an hour, everything around us was completely unfamiliar and so I began thinking that everything we passed by was going to be something unique to Japan. Just when I was about to give up my search for something familiar, we drove by a minimart that reminded me of the corner stores back home. I took comfort in seeing something that reminded me of Gulfport. However, that

comfort was short-lived because the one thing that still would not pass was my feeling of being overwhelmed. I peeled my eyes away from the window and decided to pull out my iPod and lose myself in my music for the remainder of the ride. I guess I thought that if I could not see anything that reminded me of home then I could at least calm my nerves by filling my ears with sounds from America.

When we made it to Yokosuka we were met by our sponsor. He took us to drop off our things at the Navy Lodge, showed us around the base and then took us out for lunch at a restaurant off base. The restaurant was one of many Yakiniku spots in Japan. As if I had not dealt with enough culture shock for the day, here was this man trying to shock my taste buds with foods I had never experienced. As soon as we walked into the restaurant I just knew I was not going to like the food because everything about that place was weird. It was weird to me that there were grills in the centers of every table, it was weird to me that we went to a restaurant just to cook our own food, it was weird to me that there were things like cow tongue on the menu and it was weird to me that nobody else thought this was weird. I was picky and had my doubts about the food but I was so hungry that I could not resist the urge to eat. We ordered a few different cuts of beef that were seasoned by the chef, we cooked the beef and covered it – along with our bowls of rice – in this sweet sauce. When I took my first bite I experienced my biggest shock of the day, the food was delicious! I ate to my heart's content and concluded that if the food in Japan was that good then I would have no problems adjusting to my new home.

The Seabee Courier is proud to present "Dear Military Child" - a limited series column by 20-year-old Navy dependent, Deja Fisher. Fisher is a junior at Florida A & M University in Tallahassee, Fla., where she is pursuing a bachelor's degree in Public Relations with a minor in Communications. Her blog - www.dejasvu.com - was recently launched and is a site where readers can follow her and also her independent writings. Her column is essentially a letter to military children from a former military child, whose mom is a retired Sailor.

NMCB 27 Seabee named Reserve Sailor of the Year

By MC1 Kevin O'Brien
Navy Reserve Chief of Information

The 2015 Navy Reserve Sailor of the Year (RSOY) was announced during a ceremony at the United States Navy Memorial in Washington D.C., April 8.

Equipment Operator 1st Class (SCW/EXW) Steven Butterhof, assigned to Navy Mobile Construction Battalion 27, was announced as the RSOY during the ceremony by Chief of Navy Reserve, Vice Adm. Robin R. Braun.

Butterhof was selected out of five finalists including Aviation Ordnanceman 1st Class Neel Chandra, assigned to Naval Reserve Cart Team III, Aviation Structural Mechanic 1st Class Rudolph Salman, assigned to Patrol Squadron (VP) 62, Naval Aircrewman Helicopter 1st Class Andy Anderson, assigned to Helicopter Mine Countermeasures Squadron (HM) 14 and Master-at-Arms 1st Class Louis Skeberis, assigned to Naval Sea Systems Command.

Braun gave high praise for the five finalists during the ceremony.

"These five Sailors represent the best of the best," said Braun. "They represent all the hardworking men and women out there who support the Navy Reserve in addition to their civilian jobs. We are tremendously proud of the work they do for the U.S. Navy and our nation."

Navy Reserve Force Master Chief C.J. Mitchell celebrated this year's Reserve Sailor of the Year selections.

"I'm particularly proud of this group because they really embrace and reflect the diversity of the Navy Reserve and the variety of different missions that we support around the Navy," said Mitchell. "I'm



Reserve Sailor of the Year, Equipment Operator 1st Class Steven Butterhof, assigned to Naval Mobile Construction Battalion (NMCB) 27, delivers his acceptance speech during the Reserve Sailor of the Year selection ceremony at the United States Navy Memorial. Butterhof will return in May along with the Shore Sailor of the Year and the two Fleet Sea Sailors of the Year for meritorious advancement to chief petty officer. (U.S. Navy photo by Mass Communication Specialist 1st Class Kevin O'Brien/Released)

also excited about the Reserve Sailor of the Year being a professional that has chosen to mobilize and recently return from a mobilization to Djibouti. Petty Officer Butterhof is a fine representative of Reserve Sailors around the world." Mitchell also expressed his appreciation for the selectees' contributions outside the military.

"This year's group of Navy Reserve Sailor of the Year finalists was also exemplary in their professional civilian jobs, as well as being advocates and volunteers in their communities. Again, five finalists representing nine thousand first classes – this truly was the cream of the crop and the most challenging and tightest competition I've ever been involved with," said Mitchell.

"Wow, this is a tremendous distinction," said Butterhof. "It's been a privilege to spend this week with these outstanding Sailors sitting before you. I'm so humbled with this honor."

Each Sailor received a Navy and Marine Corps Commendation Medal during the ceremony. In May, Butterhof will return to Washington for the Chief of Naval Operations Sailor of the Year week hosted by the Master Chief Petty Officer of the Navy where Butterhof will be meritoriously advanced to chief petty officer.

The ceremony was the ending to a week of events in the capitol region including tours of the Pentagon, Arlington National Cemetery, Capitol Building, United States Navy Memorial and Navy History Museum as well as numerous visits and meetings with Navy leadership.

Former Chief of Naval Operations (CNO) retired Adm. Elmo Zumwalt and former MCPON Jack Whittet initiated the Sailor of the Year program in 1972 to recognize outstanding Atlantic and Pacific Fleet Sailors. The program was later expanded to honor the top Shore and Reserve Force Sailors of the Year.



GULFPORT, Miss. - Rear Adm. Bret Muilenburg Commander of Naval Facilities Engineering Command and Chief of Civil Engineers and Force Master Chief Percy Trent, Master Chief of the Seabees speak with Sailors aboard Naval Construction Battalion Center during a Sailors's Symposium. Topics this year included advancement, Officer Programs, Programs in the Navy focused on Seabees, how to balance work and life, nutrition, and communication styles. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael Barton/Released)

NMCB 11 hosts Sailor Symposium

By MC1(SW) Michael C. Barton
NMCB 11 Public Affairs

Members of the Naval Mobile Construction Battalion (NMCB) 11's Women's Resiliency Council hosted a base-wide Sailor Symposium aboard Naval Construction Battalion Center (NCBC), Gulfport, April 7.

This has become an annual event aboard NCBC, with the first year focusing on the female side of the Navy. This year topics included advancement, Officer Programs, Navy programs focused on Seabees, how to balance work and life, nutrition and communication styles.

Guest speakers included: retired Rear Adm. Katherine Gregory, former Commander of Naval Facilities Engineering Command and Chief of Civil Engineers, Rear Adm. Bret Muilenburg, Commander of Naval Facilities Engineering Command and Chief of Civil Engineers and Master Chief Percy Trent, Force Master Chief of the Seabees.

Rear Adm. Gregory spoke about previous experiences of leadership throughout her career.

"You learn a lot more when things are bad, than when things are good," said Gregory. "So pick all those tough jobs, the jobs you know the least about, the location you know the least about; that's the job you want, that's the job that will make you more marketable and more valuable to your command."

The theme of this year's symposium was Empowerment through Knowledge.

"My goal was to provide people that had personnel experience, first-hand knowledge and who have gone through the process of the topics discussed," said Engineering Aide 3rd Class Miranda Donato, event coordinator. "I feel having these people in front of you breaking it down simply and making easy to understand is a better option than just reading it online."

NMCRS Thrift Shop Closed Temporarily - The Thrift Shop will be closed April 14 - 19, due to repairs being made inside the building. We apologize for any inconvenience this may cause our customers.

VIP visits NMCB 14 during Operation Bearing Duel 03-16



Rear Adm. Paula Brown, Deputy Commander, Naval Facilities Engineering Command and Chief of Civil Engineers, visited Seabees assigned to Naval Mobile Construction Battalion (NMCB) 14, while participating in their Field Training Exercise (FTX) at Camp Shelby, in February. Brown, a prior battalion commanding officer, had the opportunity to not only tour the camp and talk to Seabees, but was able to present two command coins to deserving Seabees. Above left: Rear Adm. Paula Brown, Deputy Commander NAVFAC, presents a Command Coin to Construction Electrician 2nd Class Pat-



rick Clontz, in recognition of his contribution to Operation Bearing Duel 03-16, at Camp Shelby, Miss. Above right: Rear Adm. Paula Brown, Deputy Commander NAVFAC, visits one of NMCB 14's FTX construction tasking projects. The pad was placed in support of NMCB 11's Airfield Damage Repair (ADR) training mission held later in the week during Operation Bearing Duel 03-16 FTX at Camp Shelby, Miss. FTX is an opportunity for the battalion to hone its skills with assistance and guidance from Naval Construction Group (NCG) 2. (U.S. Navy photos/Released)

Back in Time: Seabee History

April 10

1963: During the Cuban missile crisis, Equipment Operator (Construction Equipment) 3rd Class George A. Denich, Jr., a 21-year old Seabee assigned to Naval Mobile Construction Battalion (NMCB) 7 as a heavy equipment operator, was killed in an accident on a 280-foot hill at Guantanamo Bay. When the accident occurred, Denich was operating a mobile crane in the construction of fortified defensive positions for the Guantanamo Naval Base. On June 26, 1963, a memorial plaque was placed on the hill, which was then named Denich Hill in honor of the dead Seabee.

1971: The USS Marvin Shields (DE-1066) was commissioned at the Puget Sound Naval Shipyard, Bremerton, Wash. The destroyer escort was named in tribute of Construction Mechanic 3rd Class Marvin Shields, a member of Seabee Team 1104. Shields was awarded the Medal of Honor posthumously for his personal valor during combat action in the Battle of Dong Xoai in Vietnam. This Medal of Honor was the first ever awarded to a Seabee and the first awarded to a United States Navy man in the Vietnam War.

April 11

1967: NMCB 1 main body deployed to Da Nang, RVN on seven C-141 aircraft from NAS Quonset Point, R.I.

1969: Three members of Seabee Team 0604 were ambushed at a project site in Long An Province, RVN. The Seabees came under rocket, grenade, automatic and small arms fire. They were able



Seabees constructing a power station during World War II. (Photo courtesy of U.S. Navy Seabee Museum)

to radio for help, however, and the enemy forces were routed by helicopter gunship fire and ground troop support. One Seabee, Construction Mechanic 2nd Class Peter L. Stith, was wounded. He was evacuated by gunship but died before reaching the hospital.

April 12

1946: 14th NCB inactivated on Okinawa.

April 13

1968: First flight of NMCB 133 arrived at Phu Bai airport, RVN to relieve NCMB 121.

April 14

1969: Fire destroyed the headquarters building of the 21st NCR at Davisville, Rhode Island. In addition to firemen, about 300 Seabees courageously manned fire hoses in a vain attempt to save

the structure. During the fire, Seabees rescued important property from the building. There were no serious injuries, but many of the Seabees and firemen suffered from smoke inhalation.

1969: Team 0913 completed reconstruction of a defensive berm around Fire Base Diamond III, Vietnam, response to an emergency request. Five hours later, the fire base came under intensive attack with 198 enemy killed in action, 18 U.S. killed in action, and 13 Americans wounded. The defensive berm was credited with saving numerous lives and possibly preventing overrunning of the fire base.

April 15

1954: April 15, 1954, was a banner day for the Naval Construction Battalion Center at Port Hueneme, Calif. On this day, the first permanent buildings ever constructed on the Center were completed and dedicated. The barracks were named Thomas Barracks in honor of the late Capt. Robert E. Thomas, CEC. He served 26 years in the Navy and was the first Director of the Pacific Division of the Bureau of Yards and Docks, the predecessor of the Naval Facilities Engineering Command Pacific. In January 1943, he died in a plane crash near San Francisco. Mrs. Robert E. Thomas, along with her son, Cmdr. Robert E. Thomas, Jr., CEC, unveiled the commemorative plaque in honor of her husband.

April 16

1967: NMCB 3's pre-advance party arrived at Phu Bai, RVN, to select a new advance base camp site.

Focus on Education

What can FFSC do for you?



Builder Constructionman Jason Paden, left, attached to Naval Mobile Construction Battalion (NMCB1), and Utilitiesman Constructionman Huafeng Zhu, attached to NMCB 11, complete their Navy Knowledge Online (NKO) Courses at the Fleet and Family Support Center (FFSC) on board Naval Construction Battalion Center. For information on programs and services offered by FFSC, please call 228-871-3000. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

Calling All Children Entering Kindergarten Next Year

Quarles Elementary Kindergarten Camp for children entering kindergarten in the fall, will take place July 18-22, 8 a.m. - noon for all children who have completed their registration paperwork before the camp begins. Children will eat lunch in the cafeteria each day at 11:30 a.m. Contact Principal Dr. Jan Hansen at 228-864-3946 for more information.

Gulfport School District Kindergarten Round Up will take place April 15, 8 - 10 a.m. at schools throughout the Gulfport School District. Parents will receive information about summer registration, after school care, Kindergarten Camp (July 18-22, 8 a.m. - 11 a.m.), and more. Parents are asked to attend the Kindergarten Round Up in the school zone in which they reside.

Navy Night
at
The Lynn Meadows Discovery Center
in honor of
Child Abuse Prevention Month
and
Month of the Military Child
Saturday, April 23rd
****Free Admission****
For All Navy, Coast Guard, and Marine Families
across the coast!
5pm-8pm
Refreshments!
Pizza
Sponsored by
Stewart,
Sneed &
Hewes

April is Alcohol Awareness Month

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

Energy Savings Tip: Opening windows creates a cross-wise breeze, allowing you to naturally cool your home without switching on air conditioners. This is an ideal tactic in spring when temperatures are mild.

Education Notes

NCIS Crime Reduction Program

Sexual Assault Awareness is the focus of this quarter's NCIS Crime Reduction Program. The program will run through April which is Sexual Assault Awareness Month. The briefing covers sexual assault types, victim reporting and prevention. For more information and/or to schedule a briefing time convenient for your Command, please contact Special Agent Ashley Sippel at 228-822-5460 or email her at ashley.sippel@ncis.navy.mil.

Navy College Office Off-Duty Education Survey

Every three years, per Navy instruction, the Navy College Office is required to survey the personnel on board NCBC Gulfport and NAS JRB New Orleans to identify students needs, desires and requirements regarding educational programs on the base. All responses are anonymous and the survey results will

be used to develop an on base program that incorporates your needs by selecting the most needed courses, degree, colleges and services to be offered. All military personnel, spouses and DOD Civilians on board NCBC Gulfport are asked to visit https://www.research.net/r/BENA_NCO_GULFPORT_APR_16 to complete the short 15-minute survey to identify student needs. The survey will be available online through April 22. If you have questions on the survey, please contact the Navy College Office at 228-871-2785 or email timothy.s.loy@navy.mil.

Mass Fire Warden Training

Mass Fire Warden training is planned from 1 - 2:30 p.m., April 19 at the Training Hall. Discussion will cover local issues as well as new components for fire warded who have Automatic Defibrillators (AEDs). The class will be a great learning opportunity, as well as an excellent refresher.

FOCUS/Navy Exchange Month of the Military Child Coloring Contest

April 1 - 30

Pick up copy of rules and entry form at the NEX or at FOCUS (next to Anchors & Eagles)
Winner announced May 2 at NEX!

NCBC Gulfport School Liaison Officer:

Kevin Byrd

MWR Building 352, 1706 Bainbridge Ave.

Phone: 228-871-2117

Email: kevin.r.byrd@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

Mind over manners ...

"Now boarding ... Group C ... at Gate 19," the agent announced over the loudspeakers. There were only a handful of poor slobes like me left in the line. The 737 was pretty packed, and since Southwest operates on a first-come-first-served basis, we were in for a real treat.

Only a few of the dreaded middle seats remained. The lucky passengers who snagged the isle and window seats looked up at us clutching our gigantic carry-ons, as if to say, "Don't even think about squeezing in here between us."

So I lumbered on, until I got to the back of the plane and had to take the last space left, which was between a heavyset man against the window, and a little old lady on the isle. I gestured with my hand to the middle seat, and their facial expressions replied, "Oh, terrific. Thanks for ruining my trip."

Somehow, I wedged into my seat without banging the old lady in the head with my carry-on. I kicked it three times to jam it under the

seat in front of me, and tried to settle in for the two-hour flight to Dayton.

The man beside me was politely trying to be small, with his arms clasped unnaturally on top of his tensed round belly, and his thick knees hitched in tight. However, he was a human radiator, emanating a steady stream of sweltering breath, body heat, and general male exhaust. I reached up to the tiny air valve, otherwise known as the spewer of contagion, but it was already all the way open.

Southwest Airlines' employees are known for their jokes, and I could hear people in the rows ahead laughing at something the flight attendant said during her "just in case we plummet to our death" spiel.

My stomach took a few nauseating dips during the bumpy take off which is to be expected, but the turbulence continued. The soggy airport tuna wrap I'd gobbled back at the gate inched its way back up my esophagus, as the Captain quipped, "Whoever



that is shaking the plane ... stop it!"

As a child, I was prone to motion sickness. Any drive of more than 20 minutes had to include a stop on the side of the road so Lisa could "toss her cookies." One time, when I went with my father to Pittsburgh, I did just that. I'd eaten a fistful of Nutter Butter Cookies before getting into my father's Buick, and somewhere along Route 286, they came back up. Problem was, the Buick door was so huge, my father had to run around to help me open it, and didn't make it in time. Those old Buicks had a million nooks and crannies in their naugahyde dashboards. After that, we couldn't use the car's heat or air conditioning

without being blasted with an odoriferous reminder of that day.

The turbulence was so bad, the pilot ordered the flight attendants to stay in their seats, and as a result, there would be no beverage service and no bathroom breaks. An every-man-for-himself mentality set in, and the guy beside me released his tensed muscles, allowing his full girth to invade my already confined space. The little old lady was so still, I worried that she might've died. But I realized that she'd been reading the same Spinal Surgery ad in the airline magazine for the last hour, and knew she must've fallen asleep.

Jealous, I prayed for sleep to deliver me from this putrid purgatory. Sometime during the second hour, my motion sickness degraded into a fitful, panting fever. As the plane began its rocky descent toward Ohio, I used my last ounce of sanity to grope for the airsickness bag.

Despite my delirium, I wondered, am I being rude? Shouldn't I warn my seat mates that

I'm about to become an erupting tuna salad volcano? Would Emily Post tell me to put a napkin on my lap first? Is there any etiquette to upchucking?

Panicked by the impending crisis of protocol and puke, I lowered my mouth to the little white bag and prayed for guidance ...

The plane wheels squealed as they bumped the runway. "Welcome to Dayton," our pilot joked, "home of ... stuff." Everyone laughed, and I managed a weak smile too, relieved that my mind and my manners were finally on solid ground.

*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."*

12th Annual Run for Relief 5K and Military Challenge



May 14, 8 a.m., Run N Tri Gulfport

Military Team and Individual Awards

Visit:
RACESONLINE.COM for details and to sign up!



Navy-Marine Corps Relief Society Active Duty Fund Drive Golf Tournament

April 29 at "The Oaks" - Pass Christian
Check in: 8 - 8:30. Shotgun start: 9 a.m.
Must have 3-4 person team

Call 228-813-4000, ext. 13105 for more information, or visit:
<https://tinyurl.com/zg4m3o6> for a copy of the registration form and tourney details.

Sponsored by Special Boat Team 22 MWR

Special Boat Team 22 MWR
Fund drive in support of the Navy-Marine Corps Relief Society

Friday, April 29 2016
At the Oaks Golf Club
Pass Christian, MS.

Check in: 8 - 8:30 a.m.
Shotgun Start: 9 a.m.

Buffet/drinks are provided
\$60 includes Green fees, riding cart fees, prizes, buffet, and refreshments
Extra donations are encouraged



APRIL 15-21



Fitness Pool Hours!
M-F 5:30a-5p Sat & Sun 9a-4p



The Information, Tickets & Travel Office invites you to

The Live it Up Locally Travel Fair

In the Navy Exchange Courtyard
Wed, April 20 • 11 A.M.- 1 P.M.

All Hands

Visit with area attractions **FREE Food & Prizes** Explore local vacation options

FIRST CLASS!

MWR
Mississippi Gulfport
NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

1st

NAVY RECREATION

LIBERTY
NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

4/15 - 6 p.m., Crawfish Music Festival Shuttle, Free
4/16 - 10 a.m., Zipline Tour, \$31
4/18 - 6 p.m. Movie Monday: Mockingjay Part 1, Free Popcorn
4/19 - 6 p.m., Tournament Tuesday: Giant Jenga, 1st Place Prize
4/20 - 6 p.m., Color Wednesday: Watercolor & Acrylics, Free
4/21 - 6 p.m., Sailor Adventure Quest: Reel Therapy, FREE
Call 228-871-4684 for more information

NAVY FITNESS
Begin behind Fitness Center
Free for All Hands

Spring Fling 5K

April 20 - 6:30 a.m.

1st Place Male & Female Prizes
Questions? Call 228-871-2668

MWR

APRIL SPECIAL

Share with your buddy!
2 cheeseburgers,
2 sides of chips or fries &
2 fountain drinks!

BUDDY BURGERS

ONLY \$10.00

Call 228-871-2494 for delivery between 11 am- 1pm!

THE GRILL
871-2494

<https://poll.fbapp.io/seabee-cinema-drawing>

SEABEE CINEMA

GIVEAWAY

ENTER FOR THE CHANCE TO WIN!

JUST TAKE OUR SURVEY!

-ONLY ELIGIBLE MWR PATRONS CAN WIN

SEABEE CINEMA

Regular movie showings
Friday Sunday of every week!

Showing this weekend: The Divergent Series: Allegiant (PG-13); Miracles from Heaven (PG); Eddie the Eagle (PG-13); Zootopia (PG)

MONTH OF THE MILITARY CHILD SHOWING

Zootopia

Saturday, April 16 at 4:40 p.m.
Children 17 & Under get in FREE!

For more information, call the Movie Hotline at 228-871-3299
Pick up our NEW MOVIE SCHEDULE TODAY!

MWR Program Telephone Numbers

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

April 14, 2016

Seabee Courier

NCBC Helping Hands

ORANGE GROVE ELEMENTARY SCHOOL - Volunteers are needed to help Orange Grove Elementary School with state testing April 25 - May 16, from 7:45 a.m. - 10:30 a.m. and again from 10:30 a.m. - 1:30 p.m. Training will be April 19 at 10 a.m. Please call Stephanie Schepens at 228-832-2322 or email sschepens@harrison.k12.ms.us for details.

D'IBERVILLE HIGH SCHOOL - Volunteers are needed to help D'Iberville High School with state testing April 25, April 27-28, May 3-6 and May 9-10. Training will be April 15, 9 - 11 a.m. or 2 - 4 p.m. To volunteer, please contact Gracie King at 228-860-2762 or email gking@harrison.k12.ms.us.

HARRISON CENTRAL ELEMENTARY FIELD DAY - Approximately 10-20 volunteers are needed for a Field Day at Harrison Central Elementary at 15451 Dedeaux Road in Gulfport, May 19 (note date change from April 15) from 7 a.m. to 1 p.m., to assist students with games, encouragement of sportsmanship and fun. Lunch and drink will be provided. Contact Ms. Hover at can be contacted by cell at 228-224-9994 or at the school 228-832-2701.

HANG OUT WITH HABITAT - Habitat for Humanity of the Miss. Gulf Coast is raising funds by parting with Over the Edge to give people the chance to rappel down the IP Casino Resort & Spa May 20 and 21. Participants will be raising, on average, \$1,000 per person for this exclusive opportunity to rappel. If you donate your time and effort, You Will Get to Rappel for FREE! Visit <http://www.overtheedgeusa.com/Ropes-Volunteers/Volunteers> for more information and to sign up or contact Kelly McGill at 228-678-9116, or kmcgill@hfhmgc.org.

VETERAN NEEDS ASSISTANCE - An elderly veteran is in need of a few minor home repairs. If you are interested in volunteering, please call Carol Keyes at 228-832-5250.

QUARLES ELEMENTARY SCHOOL POWER UP PROGRAM - Quarles Elementary School, 111 Quarles Street in Long Beach, is asking for volunteers to read with students in small groups or one to one setting. Point of contact for more information is Dianna Miller or Heather Holliman, 228-864-3946.

MISSISSIPPI CITY CEMETERY - Volunteers are needed to rake/spruce up the Mississippi City Cemetery located south of Pass Road and Washington Ave in Gulfport. Point of contact to volunteer is Chuck McKinley, 228-326-4006 or email cmckinley@cableone.net.

HABITAT FOR HUMANITY OF MS GULF COAST - Volunteers are needed to help with spring cleaning of a Habitat for Humanity warehouse. Point of contact

is Angela Thomas, 228-678-9100, ext. 1010.

HOME REPAIRS - Volunteers are needed to help a disabled widow of a retired Seabee with some home repairs. If you would like to help out, please contact Ms. Savage at 228-206-3367.

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.

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.

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 - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host insuring guests sign in, offer snacks and beverages, sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training which usually lasts 2 hours. If you are someone with a heart to serve please visit: www.USOVolunteer.org and register today.

ARMED FORCES RETIREMENT HOME - Volunteers are needed to assist with a variety of activities at AFRH. Please contact volunteer coordinator Jennifer Briley at 228-897-4417 or jennifer.briley@afrh.gov to find out more information.

FEED MY SHEEP - Feed My Sheep, 2615 19th Street in Gulfport is looking for volunteers to help feed the homeless who are in need of a hot meal. To volunteer call Christina Lipke, 228-731-4883.

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.

Seabee Memorial Chapel

What's happening at the chapel?

Sunday

9:15 a.m. - Sunday School
10:30 a.m. - Protestant Service
11 a.m. - Children's Church

Wednesday

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



Sunday

9 a.m. - Mass
10 a.m. - CCD Class

Monday, Tuesday & Friday

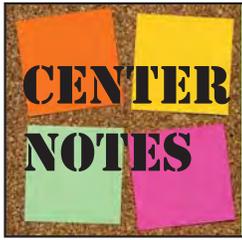
11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour
6 p.m. - Mass
6:30 p.m. - Fellowship

Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events at: <https://www.facebook.com/ncbcchapel>. We may be reached by email at gulfportchapel.fct@navy.mil or by phone at 228-871-2454.

NCBC Command Chaplain: Lt. Cmdr. Ammie Davis



SUPPORT
NMCB 1 Family Readiness Group (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 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

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

Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-

357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS - The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

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

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 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 noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at natashia.handley@navy.mil or Vice President, BUCN Miller at tariqah.miller@navy.mil for info.

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. Contact Post 3937 at 228-863-8602 for details.

Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary - Ladies Auxiliary to Veterans of

Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are held on the second Monday of each month at 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Fetters, President at 228-832-4893 or email cfetters@cablenece.net 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 second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was 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 - All Seabee Reunion.

The All Seabee Reunion, hosted by the Navy Seabee Veterans of America, Island X-1, Gulfport will be held April 28 - May 1, at the Highway 49 Ramada Inn, Gulfport, Miss. For more information and registration forms, go to: <http://www.nsva.org/events.html> or contact Eugene Cowhick at eugene.cowhick@navy.mil or 228-871-3877. Gulfport is always happy to welcome new members. You do not have to be retired to be a member. If interested, please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact them at www.seabeeuseumstore.org or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

April 14, 2016

NCBC Child Abuse Prevention Month and Month of the Military Child Activities in April



April 16, 11:30 a.m. - 12:30 p.m. - Month of the Military Child Fitness Hour at the Fitness Center. ZUMBA and obstacle course fun for the entire family.

April 16, 4 p.m. - Movie Night at Training Hall. All kids get in FREE to see Zootopia!

April 20, 11 a.m. - 1 p.m. - Lemonade Stand

with Resource Table in front of Fleet and Family Support Center.

April 23, 5 - 8 p.m. - Navy Night at Lynn Meadows Discovery Center - All Navy, Coast Guard and Marine Families get in free!

April 28, 11 a.m. - 1 p.m. - FREE hotdogs in front of FFSC!



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
 Open Monday-Friday, 8 a.m. - 4 p.m.

NCBC Sexual Assault Awareness and Prevention Activities in April

April 15, 11 a.m. - 1 p.m. - Cook Off for SAPR Awareness at the Navy-Marine Corps Relief Society parking lot.

April 22, time to be determined Walk a Mile in Her Shoes at the Fitness Center track.

April 28, 9 - 10 a.m. -

Quarterdeck decorating for awareness contest judging. First stop is building 1.

April 28, 11 a.m. - 1 p.m. Victim Advocate Appreciation Lunch at Seabee Memorial Chapel Fellowship Hall.

Seabee Courier

Register to Vote!

- To register to vote, visit fvap.gov now to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. Visit fvap.gov for voting information. The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.

A Reminder from NCBC Security about Emergency Plans:

Supervisors and Building Managers are to initiate and develop building specific emergency plans. Building specific procedures are to be in place covering bomb threats, fires, tornados, hurricanes, floods, earthquakes, explosions, civil disturbances, hazardous material incidents, loss of utilities, and shelter in place for active shooters. Each organization will assign a building Safety Supervisor and Emergency Plan Coordinator. Plans are to be in writing, tested and include muster areas in the event of evacuation. All safety plans, tests and drills are to be posted in plain view. Safety Plans are to be written in clear and concise manner directing personnel who are to be contacted in each event. Each plan will be reviewed annually and updated as needed.