

SEABEE COURIER

Vol. 56 No. 17

Naval Construction Battalion Center, Gulfport, Mississippi

April 28, 2016

NMCB 133 CCAD Marshall Islands



ENNIBURR, Marshall Islands - Steelworker 3rd Class Dylan Beveridge and Steelworker 3rd Class Melissa Osipchack, assigned to Naval Mobile Construction Battalion (NMCB) 133 Construction Civic Action Detail Marshall Islands (CCAD MHL), remove scrap metal from the Enniburr Pier to clear space for a temporary water supply system, March 29. CCAD MHL is making preparations to replace the deteriorated Enniburr Pier water tower and is installing a temporary water tank to

ensure uninterrupted water supply to the island during construction. CCADs are deployed throughout the Pacific region to provide an enduring U.S. military presence that directly benefits the local community. The small details (15 to 25 personnel) draw on the tradition of Vietnam-era "Seabee Teams," versatile 13-man teams that excelled at military construction and civic action projects in remote rural regions. (U.S. Navy photo by Construction Electrician 1st Class Arcenio Delgado/Released)

NCBC

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Military Customs and Courtesies

CO Suggestion Box Query

Question: What is the proper way to render salutes during morning colors? When should service members drop their salute?

Answer: In accordance with OPNAVINST 1710.7A and Chapter 12 of the US Navy Reg and the Naval Telecommunication Procedures NTP 13(B), ... all shall salute at the first note of the anthem, hold the salute through the last note of the national anthem ...

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. To register and request your ballots, complete the Federal Post Card Application (FPCA) using the FPCA online assistant (fvap.gov/military-voter/registration-ballots), or fill out the PDF (fvap.gov/uploads/FVAP/Forms/fpca2013.pdf), or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office. The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.

**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.

- ~ 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 cre-

- ative 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.

NMCRS Active Duty Fund Drive 2016

Nominee	Command	Dept Contributions
Janet Odenthal	GOSC	\$176.81
CUCM Shawn Babb	Lucky Eleven	\$169.76
CDR Spears	The First and the Finest	\$149.00
CDRE Aguayo	22NCR	\$138.60
Alice Huffman	NMCRS	\$103.08
CAPT Hansen	NCBC	\$102.00
Charles Hodge	NCBC Admin	\$ 70.00
LCDR Sheets	NMOPDC	\$ 65.00
CDR Anthony Conley	NCBC	\$ 55.00
CDR Stasick	NCG2	\$ 40.71
LCDR Gunderson	The First and the Finest	\$ 24.00
Rob Mims	NCBC	\$ 20.87
CDR Cuadros	Lucky Eleven	\$ 20.00
EQCM Helen Daniel	7NCR	\$ 20.00
CDR Jason McCoy	NOSC	\$ 8.73
CMDCM Lopez	The First and the Finest	\$ 6.00

Total contributions as of April 22 \$1,169.56

AUDRA
SEXUAL ASSAULT SUPPORT GROUP

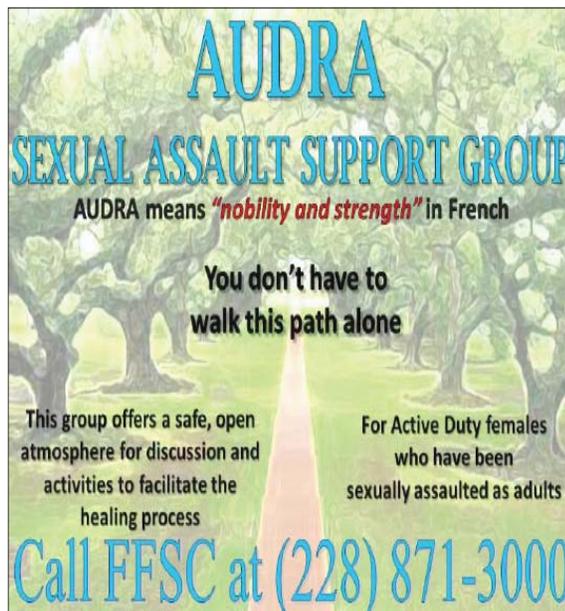
AUDRA means "nobility and strength" in French

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.





The Morale Welfare and Recreation (MWR) Live It Up Locally Travel Fair held at the Navy Exchange Courtyard April 20, featured over 20 vendors with information on recreational attractions offered on the Gulf Coast. The more than 200 patrons on hand not only had an opportunity to view vacation and recreational opportunities, but they also got a first-hand look at some of the equipment available for rent over at the Navy Community Recreation Outdoor Rental Center. Many of the vendors also provided opportunities for patrons to win raffle prizes such as passes to their activity, rain jackets and even a week-long vacation stay! (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Movie patrons of all ages enjoy pre-movie activities at the Month of the Military Child showing of Zootopia at the Seabee Cinema where children ages 17 and under were admitted free of charge, April 16. Special activities honoring the sacrifices military children make have been taking place on and off NCBC throughout April. (U.S. Navy photo/Released)



Builder Constructionman Capper Newton, left, and Pfc. John Weischede, attached to Naval Construction Training Center, lay masonry lines on board Naval Construction Battalion Center Gulfport, April 21. The masonry lines are used to ensure their concrete block wall is straight. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

Employees at the Navy Lodge celebrate the Month of the Military Child as they "Purple Up" on board Naval Construction Battalion Center Gulfport, April 20. The Operation Purple Program symbolizes all branches of the military and is represented by wearing the color purple in support of the Military Child. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



April 28, 2016

Seabee Courier

A Global Message: Eliminate Sexual Assault!



Left: Sexual Assault Awareness and Prevention Victim Advocates hosted "Walk a Mile in Her Shoes" at Ladd Circle on board Naval Construction Battalion Center (NCBC) Gulfport, April 22. Walk a Mile asks men to literally walk one mile in women's high-heeled shoes and women to walk a mile in men's shoes to raise awareness about sexual assault and how to prevent it. April's SAAPM activities on board the Center wrap up April 28, with base leaders determining which command has raised awareness most successfully during a quarterdeck decorating competition, followed by a Victim



Advocate Appreciation Lunch at Fellowship Hall. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released) Right: Equipment Operator Constructionman Tuesday Hiers of Naval Mobile Construction Battalion (NMCB) 133 provides Sexual Assault Awareness and Prevention resource material to service members at Naval Hospital Rota, Spain, April 21. Hiers volunteered to educate military and civilian personnel as part of the battalion's Sexual Assault Prevention campaign. NMCB 133 is on a scheduled deployment to 15 locations throughout the world. (U.S. Navy photo/Released)

Investing in your benefit Surcharge pays for new or renovated commissaries

By Rick Brink
DeCA public affairs specialist



The commissary surcharge – the 5 percent added to every customer's bill – is not a tax. That's just one of several facts about the surcharge that even some of the savviest commissary customers are sometimes surprised to learn.

"Some people erroneously call the surcharge a tax, but this generalization is inaccurate and misses the point," said Defense Commissary Agency Historian Dr. Pete Skirbunt. "A tax could be spent on any of multiple government programs or projects with no way of telling which ones. Commissary surcharge dollars, however, may only be spent on building, modernizing and maintaining commissary facilities and store equipment."

Examples of surcharge spending include the new commissaries nearing com-

pletion at Fort Belvoir, Va., Spangdahlem Air Base, Germany, and Naval Air Station Jacksonville, Fla., all paid for with surcharge dollars. The grand opening of the \$26 million Spangdahlem commissary is set for May, the \$36 million Jacksonville commissary grand opening is expected later this summer, and the \$38 million Fort Belvoir commissary is expected to open early next year.

"Commissaries are an excellent deal for customers due to the high level of savings the stores provide because we sell at cost plus the surcharge," Skirbunt said. "For our customers, the surcharge enhances the commissary benefit by helping to modernize, improve and maintain their stores."

Legal Note:

Mississippi Tag Exemption

Are you applying for Mississippi vehicle tax exemption? To be eligible, you must:

1. Have a valid active duty military ID (not retired)
2. Be stationed in Mississippi
3. Provide an LES to verify which state taxes are being paid to
4. Not be a legal resident of Mississippi
5. Have the vehicle registered in the military member's name (not spouse only)

If you have questions regarding this process, please contact Legal Assistance at 228-871-2626.

DLA Energy Military Fuel Station down for repairs May 3 - 20

If repairs are completed early, an announcement will be made.

FORCE PROTECTION

IF YOU SEE SOMETHING, SAY SOMETHING IMMEDIATELY!

If you see something suspicious, make the right call – tell a law enforcement official or person of authority. Call 228-871-2361 or 911.

Suspicious Activity is any observed behavior that could indicate terrorism or terrorism-related crime.

This includes, but is not limited to:
~ Unusual items or situations – A vehicle is parking in an off location, a package/luggage is unattended, a window/door is open that is usually closed, or other out of the ordinary situations occur.

~ Eliciting information: A person questions individuals at a level beyond curiosity about a building's purpose, operations, security procedures and/or

personnel, shift changes, etc.

~ Observation/Surveillance: Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations), unusual repeated, and/or prolonged observation or a building (e.g., with binoculars or video cameras), taking notes or measurements, counting paces, sketching floor plans, etc.

Report SUSPICIOUS ACTIVITY to law enforcement or a person of authority Describe specifically what you observed including:

- ~ What or who you saw
- ~ When you saw it
- ~ Where it occurred
- ~ Why it is suspicious

Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

With summer just around the corner and temperatures on the rise, we asked, "What are some ways you can prevent heat-related injuries?"



"Stay hydrated!"

CM3 Jacqueline Sorrels
NMCB 1



"Stay hydrated and take multiple breaks to keep your energy up."

CM2 James Forbis
NMCB 1



"Try to stay away from alcoholic beverages, because you want to stay hydrated as much as possible."

EO2 Michelle Prater
NMCB 1

Dear Military Child: Maybe it's not so bad

By **Deja Fisher**
Special Contributor



The more time I spent in Japan, the deeper I fell in love with everything it had to offer. I had freedom there that I did not have when I lived in the United States. During my time there I lived the life that I imagine every preteen dreams of. My friends and I could hop on the trains – without our parents accompanying us – and travel anywhere our hearts desired. We could hang out at the teen center, an environment made specifically for people in our age group, and watch movies or play video games. We could even walk the streets at night and feel safe doing so because there was protection on every corner. When I think about it, Japan is not the only place I have lived where I was allowed the freedom to be young and innocent.

I had that same freedom when I lived in Keflavik, Iceland, during my elementary school years. Even though the temperatures were freezing cold, my friends and I would play outside until the streetlights came on, sometimes even later than that. In the event that it was just a little too cold outside, we would go to the youth center and play dodgeball or Karaoke Revolution. I lived in Rota, Spain some years before Iceland. I was a toddler during my time there but I like to believe that I would have been allowed the same amount of freedom had I been a bit older.

I have so many amazing memories thanks to the military; however, I would be lying to you if I said that I always believed the military lifestyle was pleasant. As you know, I threw the tantrum of all tantrums when my

mom told me that we were moving to Japan. I treated her harshly, displayed selfish behavior and cried myself to sleep most nights leading up to the move. My poor attitude stemmed from my envy of the civilian lifestyle. I always thought about how civilians' children were allowed to build lives in one place.

How they could grow up with the same group of friends and build a lifetime of memories with people they had known since birth. How they never had to keep themselves from getting too close to others because they knew they were not ever going to have to move away from those people.

I did not realize how good I had it until I had a conversation with one of my best friends. She told me that she wished she could travel as much as I did because spending her entire life in Gulfport was boring. Every single day, for her entire life, she saw the same places and the same people. She said that being around the same people for her entire life was not that exciting, because there was not much to talk about when everyone around her had also been in that one place for their entire lives. After hearing things from her perspective, my feelings about military life began to change. Sure, being able to say that I had known someone for my entire life was appealing, but I was able to say that I spent my life traveling the world. I was able to say that I knew people who were from all walks of life. And, because of my best friend, I was now able to say that the military lifestyle is not as bad as it seems.

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.



Construction Electrician Constructionman Apprentice Charlisa Burkhalter, Naval Facilities Engineering Command (NAVFAC) Marianas, validates that the equipment is de-energized during high-risk safety training at Camp Covington aboard U.S. Naval Base Guam, March 28. NAVFAC Marianas Self-Help Seabees received lockout/tagout training necessary to disable machinery or equipment by safely controlling hazardous energy prior to performing any servicing or maintenance on the equipment. (U.S. Navy photo by Leah Eclavea/Released)

NAVFAC Marianas Seabees receive essential training

By Leah Eclavea
Naval Facilities Engineering Command
Public Affairs

Naval Facilities Engineering Command (NAVFAC) Marianas Self-Help Seabees received high-risk safety training at Camp Covington on board Naval Base Guam, March 28.

High-risk is a term used to categorize an activity with a high level of danger that may cause a severe or fatal mishap. This particular safety training focused on lockout/tagout procedures that are necessary to disable machinery or equipment by safely controlling energy prior to performing any service or maintenance.

"It's very important for my team to receive high-risk safety training on lockout/tagout," said Chief Builder (SCW) Joseph King, senior enlisted leader, NAVFAC Marianas Self-Help Seabees. "Whether they are replacing a blade or a hose, there are a lot of hazards with all of our different pieces of equipment, and we need to make sure they properly lock out and tag out the equipment for their safety and the safety of others."

The training also included a hands-on session where participants practiced assessing equipment, turning off and de-energizing the equipment, probing to ensure the equipment is de-energized, and then locking the power source.

"Prior to any equipment service or maintenance, employees should antici-

pate all potential hazards," said Junard Cruz, safety specialist, NAVFAC Marianas. "One key to doing this is to plan ahead. Get with your supervisor, understand who will be affected, and perform all the responsibilities that are required under lockout/tagout."

Cruz's presentation focused on the life-saving purpose of lockout/tagout, the types of hazardous energy, and safe electrical practices and procedures. Cruz emphasized that controlling energy is extremely important, because as low as 30 volts carries sufficient current to seriously injure and potentially kill someone.

"I think the training was valuable," said Builder 3rd Class Daniel Kvaley, builder shop supervisor, NAVFAC Marianas Self-Help Seabees. "While we have already learned the importance of lockout/tagout, it's important to refresh on it."

NAVFAC Marianas Safety and Occupational Health Manager Mellissa Cruz said these training sessions are the command's continued commitment to bolster a culture of safety by integrating Operational Risk Management in day-to-day activities.

"Our primary goal at NAVFAC Marianas is to prevent mishaps," said Cruz. "What better way to do this than to conduct high-risk training throughout the year."

Cruz said high-risk safety training empowers personnel to execute their work and perform their mission safely, minimizes property damage and prevents injury and illness in the workplace.

NMCB 133 - Det. Guam



SANTA RITA, Guam - Construction Electrician 2nd Class Jess Culbertson, assigned to Naval Mobile Construction Battalion (NMCB) 133 Det. Guam, uses a level to ensure the blocks for the water treatment plant storage facility are straight and plumb with the rest of the wall. Det Guam conducts camp maintenance, crane operations, maintains the construction equipment, and is currently tasked with expanding an existing helicopter pad and constructing this hazardous material storage facility. (U.S. Navy Photo by Electronic Technician 3rd Class Taylor Wells/Released)



POLARIS POINT, Guam - Builder 2nd Class Clarke Stocker and Builder 3rd Class Christopher Kosloski, both assigned to NMCB 133 Det. Guam, review drawings of a helicopter pad expansion project, March 30. NMCB 133 is tasked to expand the existing pads to 150 feet by 248 feet. (U.S. Navy photo by Electronics Technician 3rd Class Taylor Wells/Released)

Tulane Green Wave Baseball Military Appreciation Night

The Tulane Green Wave Baseball Team will host New Orleans during a Military Appreciation Night Game May 10 at 6:30 p.m., at Greer Field inside Turchin Stadium in New Orleans. All military personnel will receive a complimentary ticket and any family member can

purchase a bleacher ticket for only \$2. Everyone entering the stadium will also be given Tulane camo hats. Service members and their families will be asked to show their identification at the gate. Turchin Stadium is located at 6441 S. Claiborne Ave., New Orleans. For more information, contact Murray Littlepage at 434-981-6317.



Butterhof selected as Reserve Sailor of the Year

By **MCCS(SCW/SW)**
Jeffrey J. Pierce
 NCG 2 Public Affairs Officer

Equipment Operator 1st Class (SCW/EXW) Steven Butterhof was named Reserve Sailor of the Year at a ceremony held at the United States Navy Memorial in Washington, D.C., April 8. The announcement was made after a week of events in the nation's capital with the five finalists. It included visits to the Pentagon, Arlington National Cemetery, a tour of the U.S. Capitol building, the Navy History Museum and a PT session around the National Mall where each finalist made presentations in front of the many historical monuments. Butterhof, a Seabee with Naval Mobile Construction Battalion (NMCB) 27, recently returned from a six-month deployment in Djibouti. In fact, he had to return from

deployment early to prepare for the selection board and participate in the many activities planned that week. According to Butterhof, it was his Sailors that made all of this possible. "My Sailors got me through it. I had to leave deployment a few weeks early and my Sailors had to ensure projects were completed and they had a successful turnover with the incoming battalion in order for me to go to the board," Butterhof said. "I really couldn't have done it without my Sailors picking up the slack." Butterhof never dreamed he would make it this far. "When I was named NMCB 27's Sailor of the Year I was very happy, humble and thought it would help me make Chief." Butterhof said. "When I was selected as 7th Naval Construction Regiment's Sailor of the Year it dawned on me that I had a



**Equipment Operator
 1st Class (SCW/EXW)
 Steven Butterhof**

slim opportunity to be named Navy Expeditionary Combat Command's (NECC) Reserve Sailor of the Year. After being named NECC's Reserve Sailor of the Year he needed a lot of support and assistance to prepare for the next level. According to Butterhof, his command did just that.

"It was an awesome feeling when I was named NECC's Reserve Sailor of the Year. I received a tremendous amount of support from my command, especially from the Chief's Mess who held four mock boards while I was still in Djibouti to help me prepare," Butterhof said. When the results were announced at the Navy Memorial Heritage Center he was overwhelmed. "When my name was announced I was in a complete state of disbelief," Butterhof said. "I had to make an acceptance speech. I thanked everyone there on the active duty side for their service. I thanked my wife. I thanked the representatives from the company I work for who came out to support me." NMCB 27's Commanding Officer, Cmdr. Lester Ortiz and the rest of NMCB 27 are proud of Butterhof's accomplishment and proud that he

is one of them. "We are very proud of EO1 Butterhof on this outstanding professional achievement. The Navy Reserve has many excellent Sailors that compete for this recognition," Ortiz said. "Having EO1 selected as a finalist is in itself a great achievement. That he is a Seabee and the winner truly highlights the caliber of the personnel in our organization. That he is a member of our own NMCB 27 makes us even prouder." Butterhof is a third generation U.S. Navy Sailor. His father is a retired Chief Mine-man. His grandfather served 34 years in the reserves and retired as a Chief Hull Technician. All three will be reunited when Butterhof returns to Washington in May where he will be meritoriously advanced to chief petty officer. His father and grandfather will be on hand to pin on his anchors.

Back in Time: Seabee History

April 24
1945: The 69th Naval Construction Battalion (NCB) was the only full battalion assigned to Germany during the Second World War. On April 6, 1945 the first echelon of the 69th NCB left London, England for Ostend, Belgium, where they docked on April 7. The next day the men and equipment left Ostend as part of a convoy, crossed Belgium and part of Holland, and then crossed the Mass River near Venlo, Holland. The Seabees moved to Verden, Germany on April 24, and after the fall of Bremen on April 27 they proceeded to that city. It was here that the first echelon was joined by the rest of the battalion. After setting up camp at Lettow-Vorbeck-Kaserne, a few miles outside of Bremen, the Seabees immediately set to work re-roofing buildings where artillery had made huge gaps, installing plumbing and lighting, setting up shops and offices, and installing and repairing power lines. Seabees from the battalion repaired harbor facilities at the nearby port of Bremerhaven.

April 25
1965: As Naval Mobile Construction Battalion (NMCB) 10 prepared to mount out from Okinawa for the RVN, planning groups of two officers and three enlisted men

from NMCB 9, and three officers and three enlisted men from NMCB 3, arrived at Danang to perform preliminary engineering and material procurement for Seabee projects then being programmed and scheduled for I Corps (ICTZ), Vietnam.

April 26
1967: NMCB 11 main body consisting of 16 officers and 637 enlisted personnel deployed from Construction Battalion Center (CBC), Port Hueneme, Calif., to the Dong Ha Forward Combat Base, RVN, via 11 Military Airlift Command C-130 aircraft.

April 27
1969: Disaster strikes area in and around ammunition supply point (ASP) 1, Da Nang when it erupted, as if it was a volcano. This was the largest ASP in I Corps area. NMCB 4 provided firefighting detail to assist NMCB 5. NMCB 5's Camp Hoover was adjacent to the huge ASP. NMCB 5's Camp Hoover was 90 percent destroyed; however, only two Seabees were wounded due to the immediate action taken during the initial explosions.

April 28
1961: NMCB 9 was chosen to receive the first Peltier Award. Named in honor of Rear Admiral Eugene J. Peltier, a former Chief



The Seabees of Naval Mobile Construction Battalion (NMCB) 6, who among other battalions, helped transport supplies in Da Nang, Republic of Vietnam in 1966. (Photo courtesy of U.S. Navy Seabee Museum)

of the Bureau of Yards and Docks, the award is given annually to the most outstanding Seabee battalion. The Society of American Military Engineers presented the award, in association with the United States Navy.

1971: Seabee Team 0519 departed the continental United States (CONUS) enroute to the TTPI.

April 29
1965: NMCB 10 departed Okinawa via Navy ships (2 LSTs, 1 LSD, and 1 AKA) for Chu Lai, RVN.

April 30
2004: In Anbar Province, Iraq, an improvised explosive device detonated and hit the vehicle carrying Equipment Operator 3rd Class Christopher M. Dickerson of Eastman, Georgia and Hull Maintenance Technician 2nd Class Jason B. Dwelley of Apopka, Fla. Both men from NMCB 14 became the first Seabees killed in action since the Vietnam War.

Focus on Education

Gulfport location is one of 16 US-based Navy College Offices scheduled to close

From Naval Education and Training Command Public Affairs

Naval Education and Training Command announced 16 Navy College Offices (NCO) in the continental United States will close Oct. 1, as part of a restructuring effort to increase virtual and self-service options to Sailors.

"We are continuously looking to make changes and improvements that will enhance education opportunities to our Sailors," said Rear Adm. Mike White, commander, NETC. "Our young Sailors today are more technologically advanced and adaptive to change. Our goal is to provide them the access to tools and information when and where they need it."

The following NCOs will close Oct. 1: Bethesda, Md.; New London, Conn.; Little Creek, Va.; Pensacola, Fla.; Charleston, S.C.; Gulfport, Miss.; Kings Bay, Ga.; Ventura County, Calif.; Coronado, Calif.; Lemoore, Calif.; Fallon, Nev.; Whidbey Island, Wash.; Everett, Wash.; Great Lakes, Ill.; Millington, Tenn.; Corpus Christi, Texas.

To help with this transition, the Navy will keep four NCOs open for an additional year in the fleet concentration areas of Norfolk, San Diego, Jacksonville, Fla., and Kitsap, Wash. They will be open until Sept. 30, 2017.



There will be no effect on the 11 overseas NCOs in Atsugi, Japan; Guam; Misawa, Japan; Sasebo, Japan; Yokosuka, Japan; Bahrain; Guantanamo Bay, Cuba; Rota, Spain; Sigonella, Sicily; Naples, Italy; and Pearl Harbor.

This new structure will make counseling and tuition assistance accessible for all Sailors in the continental U.S. through a combination of virtual services that they can access at times and places of their choosing that is most convenient to them.

Additionally, Navy regional advisors will be established at four Navy regions to support and advise installation commanding officers, and facilitate access for academic institutions to operate on base.

"We are committed to providing the right resources for our Sailors," said White. "This will not impact Tuition Assistance or impact any Sailor who wishes to advance their education."

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

Education Notes

safeTALK

Tell. Ask. Listen. Keep Safe! safeTALK will be offered from 8 - 11 a.m., May 5 at Seabee Memorial Chapel Fellowship Hall. As a safeTALK-trained suicide alert helper, you will be better able to move beyond common tendencies to miss, dismiss or avoid suicide; Identify people who have thoughts of suicide; Apply the TALK steps to connect a person with suicide thoughts to suicide first aid, intervention caregivers. Call CREDO Facilitator at 228-871-2454 for more information or to sign up. Class size is limited to 30. All Resident Advisors MUST attend safeTALK training.

Creative Wardrobes on a Budget Workshop

May is Military Spouse Appreciation Month and Fleet and Family Support Center (FFSC) is sponsoring a workshop May 11, 11 a.m. - 12:30 p.m., to help attendees achieve the look they want without breaking the bank. Call FFSC at 228-871-3000 to register. Everyone with authorized access to NCBC Gulfport is invited.

Military Spouse Career Fair

Bring your resume and come prepared to interview at the Military

Spouse Career Fair, May 17, 10 a.m. - 2 p.m. at Fleet and Family Support Center (FFSC). If you don't have a resume - no worries - just call FFSC at 228-871-3000 for assistance with writing one! Everyone with authorized access to NCBC Gulfport is invited.

Career Technical Training Workshop

Fleet and Family Support Center (FFSC) will host a Career Technical Training course for military retirees and separating members with an interest in a career, trade or technical field from 8 a.m. - 3 p.m., May 18-19 at FFSC. This course will be facilitated by the Department of Veterans Affairs. Spouses of eligible transitioning service members are welcome and encouraged to attend. Call FFSC at 228-871-3000 to register.

Refine Your Image Workshop

Fleet and Family Support Center (FFSC) is sponsoring this course May 21, 11:30 a.m. - 1:30 p.m. at FFSC. Professional Image Consultant Brenda Blount will teach students how to refine their personal and professional images. The focus will be on dress, presentation, speech and interaction. Please call FFSC, 228-871-3000, **no later**

than May 12 to sign up. No cost child care is available for the workshop through the Child Development Center's "Give Parents a Break" program. **Contact the CDC by May 12** at 228-871-2323 to register for child care. Everyone with authorized access to NCBC Gulfport is invited. **FREE COLLEGE CREDIT!!**

The Navy College Office in conjunction with Coastline Community College provides free Internet-based CLEP exams at no cost to all active duty members. While there are 33 exams available, the most widely taken and readily available CLEP exams are:

Languages: Spanish, French, or German
Science and Mathematics: College Algebra
Business: Principles of Management or Principles of Marketing
History and Social Sciences: History of the US, Introductory Psychology or Principles of Microeconomics
Composition and Literature: College Composition w/Essay, Humanities, or Analyzing and Interpreting Literature. Just visit the Navy College Office in Building 60 or call the Coastline Representative, Foster Flint at (228) 327-4817.

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, ATVs, 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 to Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Obtain Secret/TS clearance



Email us at: IDEVGRURecruiting@vb.socom.mil or contact your detailee to request additional information.

NCBC Gulfport School Liaison Officer:

Kevin Byrd

MWR Building 352, 1706 Bainbridge Ave.

Phone: 228-871-2117

Email: kevin.r.byrd@navy.mil

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The elephant in the bedroom

We've all seen those awkward commercials. Unrealistically tall, thin, good-looking actors holding hands in outdoor bathtubs and canoodling in public. The woman has silky long hair and flowing garments that might fall off at the slightest tug, and the man has a rugged jawline, piercing blue eyes and impossibly white teeth. They exchange "come hither" stares and knowing smiles, as one leads the other by the hand toward the bedroom ...

But, for most couples who've been married a long time, igniting passion is not a matter of popping a little blue pill. There's plenty of lead in the pencil — it's the numerous other realities of every day married life that get in the way of romance.

My husband, Francis, and I start yawning — not a particularly attractive human reflex I might add — about an hour after dinner, the sure sign that we only have one crime show in us before our eyelids will begin

to droop. Mine begin discretely, but as I reach maximum inhale, my face contorts, my nostrils flare and my double chin triples. Francis, on the other hand, makes a dramatic scene of every yawn, with a gasping deep inhale, followed by a hacking exhale that makes everyone around him duck for cover, and ending with a bizarre jaw-chattering finish that sounds something like, "Gi-gi-gi-gi-gahhh!"

When we finally trudge upstairs to our bedroom, we don't just hop in the sack. As a middle-aged couple with the typical achey joints, breathing issues and quirky habits, there is a whole rigamarole we have to go through before we can actually attempt sleep. Unfortunately, this routine is not conducive to romance.

After the dog dutifully flops into his crate in our bedroom, Francis heads to the bathroom in his boxer shorts. With the door wide open, he makes all necessary deposits before flushing, and leaving the seat



up. Then, he stands at the mirror, trying to decide whether it is worth brushing his teeth or not. Groggy eyed, we pass in the hallway just as Francis finishes up an especially noisy yawn. "Ah, ah (inhaling) ... achhhhhh (the hacking exhale) ... Gi, gi, gi, gi, gahhh (the dramatic finish)!"

After brushing and flossing, I take my fiber pills and ginkgo biloba, and then insert the bulky, drool producing-mouth guard that keeps me from grinding my teeth.

"I'm EX-THAUGHTED," I announce with a night-guard lisp after entering the bedroom. I put on my flannel pjs, while Francis fiddles with the

equipment on his nightstand. It takes a few minutes for him to fix the complicated straps of his sleep apnea headgear, and at the same time, I wrestle with the Velcro fasteners of my plantar fasciitis night splint boot.

Francis flips a switch, and I hear the whirr of his C-Pap machine.

I place an extra pillow under my knees to stave off hip pains, and open my book. Francis can't sleep with the lights on, so I grab the set of reading glasses I recently found a local discount store that have little LED lights built into them. I press the buttons on either side of the lenses, and two piercing rays illuminate the pages of my book.

"Good night Thweetie," I lisp to my husband of 23 years in the dark.

Francis jerks out of a half slumber, and like something out of "The Alien," turns his head toward me with four feet of flexible tubing extending from the rubber nose piece strapped to his face. I glance over at him from my contour

pillow, looking like some kind of drooling underground miner, and nearly blind him with my laser beams.

He squints in recognition, and mumbles an airy reply through his plastic elephant trunk, "GNooo-Nihhht, Hhnon-hee."

A few minutes later, in the white noise silence of our marital bedroom, ironically, the dog begins to snore.

Let's face it, any couple who can get in the mood in the midst of all that middle aged reality has more passion in their marriage than any little blue pill could ever provide.

www.themeatandpotatoesoflife.com

*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."*

Energy Savings Tip:

Clean out your fridge. It's one of the biggest energy hogs in your whole home, with the average fridge using nearly 14 percent of a household's energy. By properly cleaning out your fridge, you can reduce its energy consumption and cut down your electricity bill. Start by rolling your

refrigerator away from the wall and using a duster or vacuum hose to clear the dirt and dust from the coils. Remove unneeded and old food from your fridge to allow air to circulate and increase efficiency. You shouldn't leave your fridge completely empty, however; by keeping it about two-thirds full, you can prevent air from leaking out when you open the door. If your fridge is

located near the oven or is in direct sunlight, you may want to move it to a cooler location to make it easier for the appliance to maintain a cold temperature.



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!

APRIL 29 - MAY 5



Fitness Pool Hours Change May 1!
M-F 5:30a-7p Sat & Sun 9a-4p

This is a non-alcoholic event and is only open to single sailors and geobachelors.

MWR LIBERTY
NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

5 de MAYO

Barracks Bash

Sponsored in part by



Bldg 460 6-8pm

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- 1 WALK BEHIND MOWER
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- 1 100' EXTENSION CORD

RESERVATION REQUIRED

Supplies are limited

For more information & to make your reservations, call 228-871-2127

NAVY RECREATION

Paint 'n Sip
Friday, May 13 6-8pm

Paint. Sip. Party.

PREREGISTER AT THE TICKET & TOURS OFFICE BY MAY 11

OPEN TO ALL HANDS

billiards darts
THE HIVE
music gaming

Open 6-11 pm!

Cinco de Mayo SPECIALS!
All Night Long!

Questions? Call 228-871-4009 or email michael.sweetapple@navy.mil

SEABEE CINEMA

Regular movie showings Friday Sunday of every week!

Showing this weekend: Batman vs. Superman: Dawn of Justice 3D (PG-13); My Big Fat Greek Wedding 2 (PG-13); The Divergent Series: Allegiant (PG-13); 10 Cloverfield Lane (PG-13)

For more information, call the Movie Hotline at 228-871-3299

Pick up our NEW MOVIE SCHEDULE TODAY!

SUP with Seral!

STAND UP PADDLEBOARDING

FREE Beginner & Advanced Classes

May 19 - Seabee Lake 4:30-6:30pm Register at the Fitness Center

May 21 - Pappes Ferry Causeway 8am-12pm

Questions? Call 228-871-2668

LIMITED SPACE AVAILABLE

Open to All Hands 18 Years of Age & Older

Must complete Seabee Lake class prior to signing up for open water class

MWR LIBERTY
NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

4/29 - All Day, Mother's Day Cards, Don't forget Mom!
4/30 - TBA, Bay Breeze Golf Trip, \$21
5/1 - 12 p.m., Shuckers vs. Smokies Baseball, \$8
5/3 - 6 p.m., Tournament Tuesday: Giant Jenga, Prizes Awarded
5/4 - 11 a.m., May the Fourth Be With You Trivia, 1st Place Prize
5/5 - 6 - 8 p.m., BARRACKS BASH! Join us for ALL the fun ZIP LINE, FREE FOOD, GAMES, PRIZES, LASER TAG & More!
Call 228-871-4684 for more information

<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

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 28, 2016

Seabee Courier

NCBC Helping Hands

ORANGE GROVE ELEMENTARY SCHOOL - Volunteers are needed to help Orange Grove Elementary School with state testing April 29 - May 16, from 7:45 a.m. - 10:30 a.m., and again from 10:30 a.m. - 1:30 p.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 May 3-6 and May 9-10. To volunteer, please contact Gracie King at 228-860-2762 or email gking@harrison.k12.ms.us.

BAY-WAVELAND NATIONAL WOMEN BUILD WEEK - The 9th annual Habitat for Humanity - Bay-Waveland National Women Build Week, in partnership with Lowe's, is May 4 - 7. Build days begin at 9 a.m. and end at 3 p.m. The project is a home renovation on an existing recycled Habitat home, which may include interior and exterior painting, caulking, floor removal and/or installation, light carpentry repairs, light landscaping, etc. The jobsite will be in Bay St. Louis, in the Bayside Park neighborhood just west of town. Men can participate in the Women Build, too! A GiveGab page is set up at <http://gvgb.co/womenbuild2016>. Volunteers can gather more info, register, and even help fundraise at the site. If more information is desired after visiting the GiveGab site, please contact Holly Ladner, Construction Coordinator, Habitat for Humanity Bay-Waveland Area at hladner@habitatbw.org or 228.467.9699 ext. 2057, office.

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 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 by cell, 228-224-9994 or at 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. To volunteer, please call Carol Keyes at 228-832-5250.

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 is Chuck McKinley, 228-326-4006 or email cmckinley@cablone.net.

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. Please visit: www.USOVolunteer.org and register.

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@afrrh.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.

April 28, 2016

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

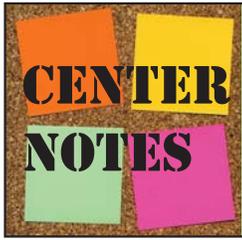
Thursday

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

Seabee Courier



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 nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

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

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at 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 the second Monday of each month at 7 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Fettes, President at 228-832-4893 or email cfettes@cablone.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 information.

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.

Opportunity to give Mom a Mother's Day Shout-Out!

From Navy Office of Community Outreach Millington, Tenn.

Mother's Day is May 8. If you would like to give mom a shout-out now is your opportunity. Please see below:

For the upcoming Mother's Day holiday, the Navy Office of Community is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a key Navy message for ALL Sailors to their mothers. Deadline: Wednesday May 4, 2015 8 a.m. EST

Instructions:
 Call 1-855-OUR-NAVY (1-855-687-6289)
 Wait for a 3-5 second

pause after voice directions and record message, using the template script below, after beep.

Once you hang-up, the audio file will automatically be sent to NAVCO's email where it will be screened before being shared with radio media outlets in the Sailor's hometown.

Speak AUDIBLY and CLEARLY. If we cannot understand your name, hometown or command, your shout-out will be unusable.

Script:
 HI, I'M NAVY (RANK) (FULL NAME) FROM (HOMETOWN), (HOMESTATE) AND CURRENTLY SERVING AT (COMMAND) OR ABOARD (SHIP).



WE ARE OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (Area Of Responsibility) AND READY TO DEFEND AMERICA AT ALL TIMES. I WANT TO WISH MY MOTHER, (MOTHER'S NAME), HAPPY MOTHER'S DAY! I LOVE YOU

did you know? April is Alcohol Awareness Month



All the above contain the same amount of absolute alcohol!

Attention:

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

'BEE INFORMED
 DOWNLOAD SEABEE MOBILE 3.0