

SEABEE COURIER

NMCB 133 Seabees train during IMCMEX 2016



AQABA, Jordan – Engineering Aide 3rd Class Jessica Couvillier, left, and Steelworker Constructionman Samuel Krisher, from Naval Mobile Construction Battalion 133, Detachment Bahrain, set up concertina wire around Camp Badger April 2, during International Mine Countermeasures Exercise (IMCMEX) 2016. IMCMEX is a U.S. Naval Forces Central Command led multilateral exercise utilizing all aspects of defensive maritime warfare including mine countermeasures, maritime security operations and maritime infrastructure protection. (U.S. Navy photo by Mass Communication Specialist 2nd Class Sean Furey/Released)

Leaders Take a Stand Against Abuse



“Children Thrive when Supervised, Safe and Sound”



Capt. Heather Walton, commanding officer Naval Construction Training Center (NCTC) Gulfport, signs a proclamation created to raise awareness and demonstrate solidarity against all types of abuse as part of Sexual Assault Awareness and Prevention Month. Command leadership throughout Naval Construction Battalion Center (NCBC) Gulfport assembled at the Fleet and Family Support Center (FFSC) April 1 to sign the proclamation signaling the beginning of the month-long campaign. For a list of base activities supporting awareness and prevention in April, please see page 2. (U.S. Navy photo by Equipment Operator 2nd Class Laura Trommer/Released)



Saturday, 9 a.m. - 4 p.m.
TINYURL.COM/CBDAY2016

Schedule of Events		
Time	Event	Location
8 a.m.	Gates open for vendors	
9 a.m.	Seabee Day 2016 opens - Rob Mims	
9 - 10:50 a.m.	Brandon Tingstrom	On Stage
10:50 - 11 a.m.	Convoy Security Team Demonstration	Roadway
11 a.m.	Welcome Ceremony	On Stage
	Rob Mims, NCBC Public Affairs Officer	
	National Anthem by Judge Gay L. Polk-Payton	
	Invocation by Chaplain Davis	
	Captain Cheryl Hansen, NCBC Commanding Officer	
11:15 a.m. - noon	Brandon Tingstrom	On Stage
Noon - 12:30 p.m.	Hooters Chicken Wing Eating Contest	In Front of Stage
12:30 - 1:50 p.m.	90 degrees West	On Stage
1:50 - 2 p.m.	Convoy Security Team Demonstration	Roadway
2 - 2:10 p.m.	Car Show Awards	On Stage
2:10 - 4 p.m.	90 degrees West	On Stage
4 p.m.	Seabee Day 2016 closes - Rob Mims	On Stage
4-5 p.m.	Vendors Depart	
All Day Events		
Time	Event	Location
Starts at 9 a.m.	Free Carnival Rides and Free Kids Play Area	Grinder



Logistics Specialist 1st Class Shannon Harden, fourth from the left, Sexual Assault Response Coordinator for Naval Construction Battalion Center Gulfport, is surrounded by base Victim Advocates, from left, Construction Electrician Zachary Zehner, Construction Electrician Constructionman Bryan Terrazas, Hospital Corpsman 2nd Class Dante Brucchi, Builder 2nd Class Cassie Locke, Staff Sgt. Jennifer Rose, Equipment Operator 2nd Class Laura Trommer, Aviation Ordnanceman 1st Class Cesar Lopez, Construction Mechanic 3rd Class Bryan Speciale and Donna Snow. Victim Advocates provide victims essential non-clinical support and information on available options and resources, and also maintain communication and contact with the victim as needed for continued victim support. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released.)

NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Bonnie L. McGerr

Special Contributors

BUCN Samantha Opyoke

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Members of command triads on board Naval Construction Battalion Center are surrounded by their signed proclamations against violence during the Sexual Assault Awareness and Prevention Proclamation kick off at Fleet and Family Support Center, April 1. The signing was the first of many activities taking place during April on board the Center to raise awareness and stop violence. From left to right: Cmdr. Shane Stoughton, commanding officer, NMOPDC; Lt. Cmdr. Benny Volkmann, executive officer, NMCB 11; Cmdr.

Jason McCoy, commanding officer, NOSC Gulfport; Lt. Cmdr. Preston Roland, Center for Security Forces Site Director; AMC Douglas McClain, NOSC; Lt. j.g. David Perez, NMCB 133; CMDCM Moses Sampson, NCTC Gulfport; Capt. Heather Walton, commanding officer, NCTC Gulfport; Capt. Paul Odenthal, commanding officer, NCG2; Capt. Cheryl Hansen, commanding officer, NCBC Gulfport; CMDCM Curtis Cassell, NCBC Gulfport. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

NCBC Sexual Assault Awareness and Prevention Activities

- April 8, 7 a.m.** - 5K Awareness Run and Human Ribbon formation at the Fitness Center. After the run, the formation will take place by the softball field.
- April 9, 9 a.m. - 4 p.m.** - Seabee Day Awareness Table
- April 14, 11 a.m. - 12:30 p.m.**

- Special SAPR Meal at Colmer Dining Facility
- 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 Fit-

- ness 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.

For a list of NCBC Child Abuse Prevention Month Activities and other helpful information, see page 14

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.



Tech. Sgt. Nathan Filkins attached to the 48th Civil Engineer Squadron cuts out sheet metal while constructing a sheet metal layout at Naval Construction Training Center (NCTC) on board Naval Construction Battalion Center Gulfport, March 31. Currently, NCTC Gulfport trains approximately 10,000 Seabees, Airmen and Soldiers annually. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Utilitiesman 3rd Class Ryan Johnson Esquire, left, and Construction Electrician 3rd Class Keith Spoon attached to Naval Mobile Construction Battalion (NMCB) 11, clean inventory on board Naval Construction Battalion Center Gulfport, April 4. The gear was recently used while the battalion was undergoing Field Training Exercise at Camp Shelby, Miss. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

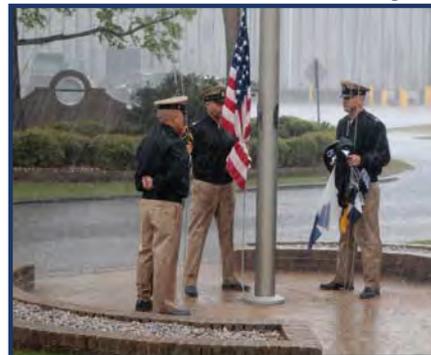


Builder Constructionmen Christina Bottass, left, and Aurora Morales, assigned to Naval Mobile Construction Battalion (NMCB) 1, survey land in preparation for placement of a heavy timber bridge on board Naval Construction Battalion Center (NCBC) Gulfport, March 30. Tactical forces and logistical support depend upon permanent, expedient or tactical bridges for sustained mobility. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

Rain could not keep well-wishers away from the ribbon cutting at the new Shields RV Park on Perimeter Road on board Naval Construction Battalion Center (NCBC) Gulfport. Patrons who attended the event were given tours of the new facilities and the chance to win door prizes. The new park creates an additional 35 back-in rv sites which complement the 68 sites that are in place at the original Shields Park by the Pass Road Gate. All rv pads are concrete with 30/50 electrical. Sites may be reserved six months in advance and are \$21.50 per night or \$405 per month, including water, sewer, electric and cable. Personnel with authorized access to NCBC Gulfport may make reservations by calling 228-871-5435. (U.S. Navy photo courtesy of MWR/Released)



CPOs celebrate 123rd birthday



Left: Chief Petty Officers from Naval Construction Group (NCG) 2 participate in morning colors, April 1. Middle top: Senior Chief Steelworker Corey Mead serves breakfast to Sailors, Soldiers and Airmen at Colmer Dining Facility, April 1. Bottom: Chief Builder Garnett Whitmire, left, and FORCM Christopher Levesque cut the ceremonial cake at Anchors and Eagles to celebrate the Chief's 123rd birthday, April 1.

Right top: In celebration of their 123rd birthday, the Chief's Mess of Naval Construction Training Center Gulfport, brave stormy weather to raise Old Glory in front of their Headquarters Building. Bottom: The Wardroom of Naval Mobile Construction Battalion (NMCB) 11 showed their appreciation for their chiefs by providing each of them with a personalized cupcake. (U.S. Navy photos/Released)

What being a chief petty officer means to me

By Command Master Chief (SS/AW)

Mike Jackson

Navy Region Southeast Command Master Chief

Happy 123rd birthday, chiefs! As I look back over my career and reflect on the significant milestones I've reached, the one that stands out the most is when I was advanced to chief petty officer (CPO). Advancing to CPO is, in my opinion, the most significant promotion of any branch of our armed forces. Most, if not all, active duty and retired CPOs (and those who were prior CPOs before obtaining a commission) will echo that same sentiment if asked.

The CPO Creed gives us our initial charge as chief petty officers and serves as a source document from which all other directives and guiding principles are derived that govern what is expected and required of a CPO. It is that document that we use to "take a fix" on how we are performing as CPOs each year. To be "the chief," you must consistently evaluate (i.e., take a fix on) your performance as a deckplate leader to see if you are, in fact, still on course with your charge as a CPO.

A true CPO exhibits virtually all of the following characteristics (not all-inclusive).

Leadership. I mean this on the grandest of all scales -- unilateral, all-encompassing, where the rubber meets the road, and, most of all, passionate. I call it leadership from the gut.

The chief understands the differences between leadership, supervision, and management.

Experience. The chief has already done what he or she demands and expects from the Sailors he or she is charged with leading, while consistently training, developing, and mentoring those Sailors.

Understanding. A true CPO has a full and clear understanding of his or her charge as a chief petty officer in providing deckplate leadership.

Always on. The CPO inculcates our mission, vision, and guiding principles into everyday life, both on- and off-duty, and not just once a year during CPO induction. You should routinely evaluate yourself and ask yourself, "Am I measuring up to the creed?"

Sense of history. The chief has a sense of the heritage and history of the CPO and understands his or her role in maintaining and contributing to our legacy of strong deckplate leadership. Acknowledge those master chiefs, senior chiefs, and chiefs who helped form the foundation from which you operate today as a chief, and forever understand your tie to them.

Selflessness. The chief has a full understanding that "the cause" is much bigger than oneself. I don't do this for me; I do it for the Navy and our history of being and maintaining ourselves as the most powerful sea-going service in the world.

Represent. A true CPO has a clear under-



CMDCM(SS/AW) Mike Jackson

standing of what it is that you represent when you don your uniform (the Navy, your command, the CPO Mess). You are the chief!

Again, leadership. A true CPO is the jack of all trades and master of one -- leadership! He or she knows how to put the right Sailor in the right place at the right time!

I am privileged and honored to be afforded the opportunity to provide leadership that directly impacts the future of our Navy. I am humbled by it, and I am truly indebted to those who have forged the way before me.

That tie that binds me to our CPO heritage is what gives me my understanding of what my charge is as the chief!

Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

April is Sexual Assault Prevention and Awareness Month. What do you think you can say or do to prevent sexual assault from occurring?



"If you see something, say something. Take preventive measures to make sure sexual assault doesn't happen."

Airman Kaden Peterson
NCTC



"If I see a shipmate in a bad situation, I make sure they are safe."

Builder Constructionman Apprentice Antonia Smallwoodkeel
NCTC Gulfport



"Stop anyone who you think is committing sexual assault."

Airman Sean Nedabylek
NCTC Gulfport

Dear Military Child: See You Later

By **Deja Fisher**
Special Contributor



There we were, standing in front of the double doors that lead to the school's gymnasium. It was the last day of my 8th grade year and two months had passed since my mother told me about our move to Japan. Two long months and I had yet to tell my best friends that I was leaving. I already know what you are thinking: 'Why would you wait until the last minute to tell your friends that you are moving?' Well, to be honest with you, I waited so long because I felt as though things would change between us had I told them as soon as I found out. I figured they would do one of two things: distance themselves from me or smother me with attention in preparation for our time apart – neither of which I wanted. So there we were, I had just told my best friends about my move and boy did they bring on the waterworks.

"YOU'RE MOVING?!" One of my friends shouted as she broke into tears. The other two just stood there appearing as though they were trying to find the right words to say, but I think we all knew that there were no right words. "When are you leaving?" One of the others asked. "In two weeks." I reluctantly answered. I darted my eyes to the floor because I could see tears forming in the others' eyes and I could not stand to see them all crying. They all stepped closer to me and engulfed me in a group hug. It was during this moment that I noticed my mom's car pull-up to the school and so I promised my friends that I would keep in touch and that we would do something before I left. "See you later!" I said with a

fake smile on my face. "See you later." It seemed as though I had been saying that a lot throughout those two months. I said it as I packed my household belongings into boxes. I said it when the movers came and packed those boxes into their big trucks. I said it when my mother and I moved out of our house and into my granny's house for our few remaining days

in Gulfport. I said it to my best friends and now here I was again, two weeks after the fact, saying it to my family.

It was the morning of our flight to Japan and my mom and I were about to leave my granny's house. We hugged our loved ones for what would be the last time in a long time and then we got into the car and drove to the airport. We went through the usual motions: ticketing, security, a quick bathroom break, a phone call to our family to let them know we were about to head to our gate and then waiting for the plane to be ready for boarding.

A few hours passed before we were able to board the plane and once we were seated we had to wait a few minutes until the plane was ready for takeoff. The flight attendant talked us through the safety measures and then the fasten seat belt light turned on. The pilot's voice could be heard on the intercom informing us of the weather conditions and of our estimated time of arrival. Once he finished informing us of this, the plane began to roll. "Goodbye Gulfport." I said while holding back tears. My mom looked at me and said, "It's never goodbye, only see you later."

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.

NEXCOM Celebrates 70 Years of Serving the Navy Family

By Kelley Stirling
Navy Exchange Service Command Public Affairs

Navy Exchange Service Command can trace its roots back to the 1800s when Sailors had to depend on "bumboats" that moored alongside their ships to buy personal items.

It wasn't until April 1, 1946, that Navy leadership officially created a command to handle the necessary retail business within the Navy.

"We've come a long way since those early days," said retired Rear Adm. Robert J. Bianchi, chief executive officer, NEXCOM. "From bumboats and slop chests to a world-class retail business, NEXCOM delivers what our Navy families need, wherever they are stationed."

Today, 70 years after its official establishment, NEXCOM provides oversight for 100 NEX complexes made up of more than 300 individual

stores, 39 Navy Lodges, 134 ships stores, the Navy Clothing Textile and Research Facility, Uniform Program Management Office, and Telecommunications Program Office.

NEXCOM's mission is to provide quality goods and services at a savings to its authorized customers and to support Navy quality-of-life programs for active duty military, retirees, reservists, and their families.

"While our look may have changed over the years, our mission and commitment to premier customer service has not and that is evident each and every day at each and every location," said Bianchi.

"NEX customers can expect to see us reinforce the important value of their NEX benefit during the month of April, in celebration of 70 years of excellence," said Rich Honiball, NEXCOM's senior vice president, chief merchandising and market-

ing officer. "Our team is working on special events, products, and offers that I think our customers will appreciate."

NEXCOM's Place in Naval History

The Navy Exchange and Ships Store of today are vastly different from the ones that originated over 200 years ago. NEXs have come a long way since the days when bumboats sold their wares to Sailors aboard naval vessels in the 1800s. Back then, Sailors had to depend on these unreliable boats to get their personal items while aboard ship. The bumboats, small vessels that pulled alongside U.S. Navy ships, exchanged merchandise for money by pails lowered over the side by the crew of the Navy ship. Goods sold by the bum-boats were normally inferior and were sold at very high prices.

As an alternate to bum-boats, many Navy ships



Capt. Cheryl M. Hansen, commanding officer of Naval Construction Battalion Center (NCBC) Gulfport and CMDM(SCW) Curtis Cassell, command master chief of NCBC, help Navy Exchange (NEX) employees and Brandy Asher, far left, NEX general manager, cut a ceremonial cake as the NEX celebrates 70 years of service to military families on board NCBC Gulfport, April 1. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

operated canteens or "slop chests" so that the money spent by the crew members

stayed on the boat to improve the quality of the food served by the general mess. The canteens were often financed by the crew under an agreement with the ship's captain and were managed by the ship's paymaster, the forerunner of today's supply officer. The merchandise was bought on a consignment basis, but because of the movement of the ship, payment for the merchandise was often difficult. Because of this problem, many people in the Navy thought canteens reflected poorly on the integrity of the service.

The first canteen opened on the USS Indiana in 1896 and sold only beer. Soon canteens started carrying tobacco and other items for the ship's crew to purchase. The increased profits from these sales went to support welfare and recreation programs aboard each ship, something that still happens today.

By 1909, the Naval Appropriations Act established the first official resale activity, the commissaries and ships' stores. The act allowed the Navy to procure and sell merchandise to Navy

Navy-Marine Corps Relief Society Active Fund Drive 2016 Bee Wash Standings as of April 4

**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

Alice Huffman	NMCRS	\$52.60
CDR Anthony Conley	XO NCBC	\$45.00
CAPT Cheryl Hansen	CO NCBC	\$25.00
Mr. Charles Hodge	NCBC Admin	\$20.00
CDR Jason McCoy	NOSC	\$ 8.73

As of April 4 \$151.33

~ 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.



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

Back in Time: Seabee History

April 4

1943: Camp Endicott, Davisville, R.I. is formally dedicated with Secretary of the Navy Frank Knox in attendance. The 84th NCB lead the review of battalions for the SecNav.

1968: Main body of NMCB 71 departed Davisville, Rhode Island for Chu Lai, Republic of Vietnam (RVN).

April 5

1968: Seabee Team 0408 arrived in Ca Dau Ha, RVN and Seabee Team 0409 arrived in Vinh Long, RVN to begin engineering construction support.

April 6

1943: 8th Special NCB formed at NCTC Camp Peary, Magruder, Va.

1966: NMCB 7 main body moved from Construction Battalion Center Davisville, R.I. to Hue – Phu Bai, RVN.

1968: In the Republic of Vietnam, the Hill 494 Quarry Cantonment and Rock Production was dedicated as Camp DeShurley by Rear Adm. J.V. Bartlett, Civil Engineer Corps (CEC), commander, 3rd Naval Construction Brigade, and Cmdr. J.A. Wright, CEC, commanding officer of NMCB 9, in honor of mortar crew leader Builder (Light) 3rd Class George R.

DeShurley and the five other Seabees of Detail Echo, killed in action in the defense of the facility on the morning of March 31 at Phu Loc.

1968: Construction Mechanic (Heavy) 2nd Class Teddy "J" Baker and Construction Mechanic Constructionman Michael D. Chascsa, of NMCB 4, were wounded while riding a truck which struck a land mine in Mai Lang, RVN.

April 7

1942: Secretary of the Navy Frank Knox announced that the Navy would enlist African Americans for general service, with open enlistment for messmen and the Seabees. Over 12,500 African Americans would serve in the Seabees during World War II.

1967: Construction Battalion Maintenance Unit (CBMU) 201 commissioned at Construction Battalion Center (CBC), Port Hueneme, Calif.

1967: NMCB 40 departed Chu Lai, RVN.

1968: Main body of NMCB 6 arrived in Davisville, R.I. from Chu Lai, RVN.

April 8

1942: 2nd NCB commissioned.

1946: 28th NCB inactivated



Naval Construction Battalion 58 Seabees building Bailey Bridge on Guadalcanal in 1943. (Photo courtesy of U.S. Navy Seabee Museum)

on Okinawa.

1967: Main body of NMCB 71, consisting of 16 officers and 684 enlisted men, departed Davisville, R.I. on C-141 aircraft for duty at Chu Lai, RVN.

April 9

1966: Rear echelon of NMCB 1 transported on three C-130 aircraft from Davisville, R.I. to

Da Nang, RVN.

1967: Main body of NMCB 40 arrived at Davisville, R.I. from Chu Lai, RVN.

1971: Seabee Team 0105 departed Bac Lieu, RVN.

1971: Main body of NMCB 40 departed Davisville, R.I. for deployment to Diego Garcia, Reindeer Station.

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.



CBMU 202 recognized for Fleet Landing completion



Vice Adm. Richard Breckenridge, deputy commander, U.S. Fleet Forces Command, presents awards to the Seabees of Construction Battalion Maintenance Unit 202 of Joint Expeditionary Base Little Creek Fort Story, March 24. The Seabees were recognized for the renovation to Fleet Landing on board Naval Support Activity Hampton Roads. The overhaul included structural, electrical and plumbing repairs and improvements in addition to all-new finishes. Fleet Landing serves as a break room and auxiliary training facility for fleet staff. (U.S. Navy photo by Mass Communication Specialist 1st Class Erik Wehnes/Released)

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 - Pass Navy PFA
 - E4 - E6
 - No NJP
 - No Bankruptcy
 - Obtain Secret/TS clearance
- Email us at: IDEVGRUrecruiting@vb.socom.mil or contact your detailer to request additional information.



First Female Recruits issued 'Dixie Cups' at RTC

By Susan Krawczyk
Recruit Training Command
Great Lakes Public Affairs

GREAT LAKES (NNS) -- The first female recruits at Recruit Training Command were issued their new enlisted white hats, or Dixie cups, as part of the Navy's efforts for uniformity in service members' uniform, April 4.

While the rest of the enlisted female E1-E6 Sailors have until Oct. 31 to begin wearing their Dixie cups, the recruits at the Navy's only boot camp have already begun to do so as per NAVADMIN 236/15.

The Navy redesigned several uniform elements for Sailors that improve uniformity across the force as well as improve the function and fit of their uniforms. The changes will eventually make uniforms and covers more gender neutral.

"This feels incredible as we are making a part of history," said Seaman Recruit Madeline Bohnert, of St. Louis,

Missouri, as she tried on her cover. "It's really awesome how something as simple as our cover is so symbolic in regards to equality and the uniformity in the military. It's a sense of pride knowing that we are a part of getting the first Dixie cups."

During uniform issue, the female recruits lined up wearing their new covers as their Recruit Division Commanders ensured they were being properly worn.

As Engineman 2nd Class Shanice Floyd, RDC, helped adjust her recruits' covers for proper fitting, she instructed those with longer hair in braids or buns how to make correct adjustments to accommodate the Dixie cup.

"We're already part of a team and this just promotes it in a better way," said Floyd. "Junior enlisted males and females already wear the same dress white uniform so this way when we get into the same dress blues uniform we'll look more as a unit."

The Alternative Combination Cover (ACC) and current male combination cover for officers and chief petty officers can now be worn by both men and women in service dress uniforms. All officers and chiefs will be required to wear the ACC Oct. 31.

"I am very excited to be one of the first females to be given the opportunity to wear the Dixie cup, and I believe we've come really far as a country and as a service," said Seaman Recruit Maria Frazier, of Springfield, Ohio. "I think it's really beneficial because as we work side by side, we have to work as a team. For me, it's important that as we're working together, we look uniform so we can work in uniform."

The Dixie cup will match the recently redesigned Service Dress Blue uniforms in jumper style for both men and women, beginning Oct. 1.

The jumper will incorporate



Engineman 2nd Class Shanice Floyd, a recruit division commander, ensures the proper fit of Seaman Recruit Megan Marte's white enlisted hat, or "Dixie cup," during uniform issue at Recruit Training Command. Marte was among the first female recruits to be issued the Dixie cup as part of the Navy's efforts for uniformity in service members' uniforms. (U.S. Navy photo by Sue Krawczyk/Released)

a side zipper and the slacks will have a front zipper to help with changing in and out of uniform. This will be the eventual end of the female version of the "crackerjack" uniform with a jacket and tie for female petty officers and

junior Sailors.

"I feel that females have been performing to the standard equal to their male counterparts, and right now, with these new covers, we look more as a team," said Floyd.



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!

From NEX page 6

and Marine Corps officers and enlisted and to civilian employees at naval stations outside the continental United States and Alaska. The ships' stores were authorized to make a profit, as long as it did not exceed 15 percent. Unfortunately, ships' stores did not produce sufficient revenue for financing the welfare and recreation funds. So, in 1923, ships' service stores were given official sanction by Navy regulation to provide Navy crew members nearly any legal article of merchandise without the profit restrictions placed on the existing ships' stores.

However, this created a duplication of effort between ships' stores and ships' service stores. It became clear by 1942 that there was no need or space for two ships' store type operations aboard Navy ships. A recommendation was made to the chief of naval operations by the supply officer, U.S. Atlantic Fleet to merge the two stores into one official ships' store operation. The recommendation was accepted and by 1944, the secretary of the Navy made the establishment of the merged stores mandatory on all ships that had a supply officer and permissive on all naval activities.

Ships' service stores ashore also began steps toward centralization in 1945 when a committee was formed to study the resale activities. The recommendation of the committee, headed by Capt. Wheelock H. Bingham, Supply Corps, U.S. Naval Reserve, was that all resale activities be operated

like a large chain of retail stores and that a central office be established to oversee the operation of this new Navy resale system.

The secretary of the Navy gave his approval of the Bingham Plan that stated, in part, that the ships' service stores ashore be operated with non-appropriated funds and that civilians should fill positions at the operating level. Top management positions, however, would be filled by Navy Supply Corps officers. Naval personnel were operating the ships' service stores afloat and as part of the Bingham Plan, would be managed under the new central office. On April 1, 1946, the Navy officially established the Navy Ship's Store Office and appointed Capt. T.L. Becknell Jr., Supply Corps, as the officer in charge. The newly formed central office was located in Brooklyn, New York.

NSSO, as a Navy command, has evolved over the years. Subsequent organizational changes resulted in command name changes, first the Navy Resale System Office in 1968; Navy Resale and Service Support Office in 1979; and, Navy Exchange Service Command in 1991. With the changes came other responsibilities and the command was designated the program manager of several business lines in addition to the Navy Exchange and Ships Store. In 1993, NEXCOM moved its headquarters to Virginia Beach.

In 1960, NSSO assumed control of the Naval Uniform Shop. At the time, this 40-year-old shop consisted of a factory where uniforms were constructed, a mail order department and a retail clothing store, which served customers in the

immediate vicinity. This was the only source of enlisted uniforms. Under the direction of NSSO, the Naval Uniform Shop also supported Navy Exchange uniform outlets, which sold uniforms and related items to officers and chiefs only. This eventually became the Uniform Program Management Office. When the Navy Clothing and Textile Research Facility in Natick, Massachusetts, was realigned under NAVRESSO in 1980, all uniform matters became consolidated under one command. In 1969, the Navy Lodge Program was formed to give service members and their families on permanent change of station orders temporary and reasonably priced lodging facilities. And in 1994, the CNO designated NEXCOM as the program manager for all unofficial telecommunications services in the Navy, creating the Telecommunications Program Office.

As part of a secretary of defense initiative to reduce flag and general officers within the Department of Defense, NEXCOM's flag officer billet was converted to a non-appropriated fund senior executive civilian billet in late 2011. Rear Adm. Glenn Robillard was the final flag officer to command NEXCOM. At that time, NEXCOM oversaw six business lines: Navy Exchange, Ships Store, Navy Lodge, Telecommunications Program Office, Uniform Program Management Office and Navy Clothing and Textile Research Facility. A former NEXCOM commander, retired Rear Adm. Robert J. Bianchi, Supply Corps, was competitively selected as NEXCOM's first civilian chief executive officer, and assumed this position in January 2012.

Focus on Education

Education Notes

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.

Fort Hays State University Registration

Fort Hays State University is conducting advanced registration for both Summer and Fall 2016 terms for On-Line courses. Please contact Dr. David Drye for more information through the Navy College Office (NCO) in building 60, Room 239 or at daviddrye@att.net or 228-223-4926.

NCIS Crime Reduction Program

Sexual Assault Awareness is the focus of this quarter's NCIS Crime Reduction Pro-

gram. 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.

NMCRS Education Loans/Scholarships Navy and Marine Corps Relief Society has education assistance for Navy and Marine Corps Families for the upcoming school year. Check out www.nmcrs.org/education to see if you are eligible! Application and all supporting documentation must be postmarked no later than May 1!

NCBC Gulfport School Liaison Officer:

Kevin Byrd

MWR Building 352

1706 Bainbridge Ave.

Phone: 228-871-2117

Email: kevin.r.byrd@navy.mil

Students Needed

The following classes scheduled for Naval Construction Battalion Center, Gulfport are in danger of being cancelled due to low enrollment. Beside each title is the number of additional students needed to make these classes run. To sign up, submit a SF-182 before the registration deadline.

FERS Pre-Retirement Planning (need 17 more) Date: 2-3 MAY
Registration deadline: April 20.

All About Your Thrift Savings Plan (need 7 more) Date: May 4
Registration deadline: April 20.

Introduction to Supervision (need 8 more)
Date: May 10-12
Registration Deadline: April 22

Communication Skills (need 10 more)
Date: May 13.
Registration deadline: April 22.
For more information, call 228-871-2519.

FOCUS/Navy Exchange Month of the Military Child Coloring Contest

April 1 - 30

Pick up your entry form at the NEX or at FOCUS.

See poster for contest rules



The Month of the Military Child Coloring runs April 1-30, 2016. Winners will be announced May 2 at the NEX.

All entries must be completed & returned to the FOCUS offices or to the NEX Customer Service Desk by end of business day April 30th.

Although each participant can enter as many times as he or she would like, each participant is eligible for one prize.

Entries will be designated into 4 categories: Ages 3-5, 6-8, 9-12, & Young at Heart (13+)

Rules:
Ages 3-5 & 6-8:
Color the Proud Fox entry page in any manner you choose without assistance.

Ages 9-12 & Young at Heart:
Draw a Feeling Fox on the blank entry page that represents how it feels to be a Military Child. No tracing or assistance allowed. Decorate the page in any manner you like.

Thank you for your participation and for the service & sacrifices of your family! You rock!

If you would like to receive information about specials & events at the NEX, sign up with your email at: www.mynavexchange.com

If you would like to know more about FOCUS & how it can help you and your family, please contact our office below:

FOCUS
304 John Paul Jones Ave, Rm 405
Gulfport, MS 39501
(228) 822-5736
gulfport@focusproject.org

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

The Naked Truth Surfaces Every Spring

What's the true sign that spring has sprung? No, it's not the crocuses, the bunnies, or the pussy willows.

You know spring is here, because I shaved my knees this week.

Now, you might be thinking, "Well, that's an inappropriate way to start a column." Stick with me - you'll soon realize that news of my recent knee-shaving is actually the perfect launching point for a deeply philosophical endeavor.

You see, knee-shaving is not exactly a regular occurrence in my life. In fact, from October through March, the prickly hairs on my knees remain completely undisturbed. And as long as we're being brutally honest, I'll admit it: During the winter, I really only shave my ankles and armpits.

"Thanks for sharing," you're probably saying, "but what's so philosophical about your personal hygiene habits?"

Listen folks, this is about more than just hairy knees. It's about bodily exposure, natural inhibitions, the new meaning of modesty, and the pressure to conform

to modern trends.

Ever since the founding of this great nation, America has been about one thing: freedom. More than any other country on Earth, we value certain individual liberties that we feel are our inalienable rights as human beings.

But in today's modern culture, the need to escape from confining norms, no matter how practical or reasonable, has reached new extremes. The most obvious form of this human drive to break free from expectations and conventions, is our clothing.

Or the lack of it, to be more precise.

Ever since the 1920s flappers shocked their Victorian mothers by showing their ankles, exposure has been trendy. As the decades passed, that itchy-bitsy teeny-weeny yellow polka-dot bikini got smaller and smaller; until today, when a perfectly acceptable bathing suit consists of about six square inches of Spandex and a few strings.

Modesty, which used to be a widely-recognized virtue, is now seen as prudish, frumpy, and frankly, uncool. In fact,



it is now so fashionable to expose body parts, even flagrant nudity has become Bohemian.

Pop culture reflects this shift in our culture, with nudity-themed television shows such as "Naked Dating," "Naked and Afraid," "Naked Castaways," "Buying Naked," and "Skin Wars" popping up in TV broadcast schedules. Furthermore, Nudists are now "Naturalists" who are celebrated and no longer banished to the unaccepted fringe of modern society.

"We're all born naked," you might be thinking, "so what's the big deal?" Certainly, shedding one's clothing can be liberating and should not be seen as the scourge of humankind. Anyone who has ever seen a toddler rip their own diaper off and

run buck naked through the house giggling knows that, on some level, nudity is a natural inclination.

I will never forget the day that my mother and I were painting my daughters' room. We let my youngest, Lilly, play nearby while we rolled Sherwin Williams "Demur Rose" onto the white walls. While tackling the intricacies of the trim, we failed to notice that Lilly had toddled downstairs and out into the backyard. We panicked for a few moments before we saw her out the bedroom window, completely naked, petting the neighbor's cat.

After returning from her naked safari, Lilly reported, "Kitty-cat no like my nakee stuff."

Unlike Lilly, I've always been unusually modest, even during my swim team days back in high school and college, when I had to shower with 20 other females on a daily basis. I kept myself covered whenever possible, but my teammates' attitudes ran the gamut, including Michelle Gordon, who we lovingly nicknamed "Flesh" because she would strip

down to her birthday suit as soon as we set foot in the locker room.

So what am I saying?

In all my old-fashioned modesty, I have ironically become the ultimate non-conformist in today's bare-it-all society. I might shave my knees each spring, but you won't see me wearing a crop top and Daisy Dukes just because the bees are buzzing. The sun can shine all it wants, but I won't put on anything with spaghetti straps, a plunging neckline or a mini skirt. And no matter how hot it gets, I won't squeeze my 49-year-old-mother-of-three frame into a string bikini.

(You're welcome.)

*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."*

FOCUS: April Tip of the Month

From: Families Overcoming Under Stress (FOCUS)

Spring is a great time to clean out old dusty habits and replace them with shiny new skills!

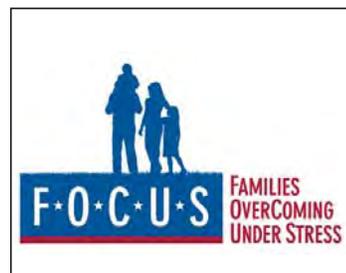
At the FOCUS program, we help children and adults to learn a variety of skills such as: Keeping our Cool, Problem Solving, Goal Setting and Communication - all in a fun and interactive setting.

Think your family can benefit from "clearing out the clutter"? Contact

FOCUS and let's spring forward together!

FOCUS is located at 304 John Paul Jones, Room 405, next to Anchors & Eagles. The main officer number is 228-822-5736 and email: gulfport@focusproject.org.

For more about FOCUS, visit: www.focusproject.org or www.facebook.com/FOCUSresiliencytraining.



NCBC Helping Hands

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.

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.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USO GULF COAST - 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. The ideal applicant would display excellent people and customer service skills and be able to commit to one weekly, three to five hour shift. 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.

Energy Savings Tip: Programmable thermostats can save up to \$150 a year on energy costs when used properly. Use one that can

automatically turn off your cooling system when you are not home, and turn your system on in time for you to arrive home to a cooled house.

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

APRIL 8-14



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



MONTH OF THE MILITARY CHILD FITNESS HOUR

SATURDAY, APRIL 16

11:30AM-12:30PM

AT THE FITNESS CENTER



HEALTHY SNACKS PROVIDED!



JOIN US FOR ZUMBA & MINI OBSTACLE COURSE!



FREE FOR ALL FAMILIES!

PARENTS MUST BE PRESENT

LIBERTY

- 4/9 - 5 p.m., Shuckers vs. Chattanooga Baseball Game, \$8
 - 4/10 - 6 p.m., National Haiku Day, Make a Haiku!
 - 4/11 - 6 p.m. Movie Monday: Catching Fire, Free Popcorn
 - 4/12 - 6 p.m., Tournament Tuesday: Cornhole, 1st Place Prize
 - 4/13 - 6 p.m., DIY Wednesday Cinnamon Pillar Candles, Free
 - 4/14 - 6 p.m., Cooking Corner: Grilled Pizza, Free
- Call 228-871-4684 for more information

APRIL SPECIAL

BUDDY BURGERS

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

ONLY \$10.00

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



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



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



GIVEAWAY

ENTER FOR THE CHANCE TO WIN!

JUST TAKE OUR SURVEY!

*ONLY ELIGIBLE MWR PATRONS CAN WIN



Regular movie showings

Friday Sunday of every week!

Showing this weekend: Zootopia (PG); London Has Fallen (R); Whiskey Tango Foxtrot (R)

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

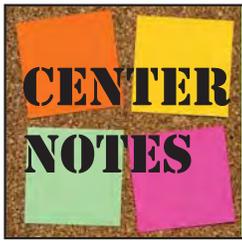
Pick up our NEW MOVIE SCHEDULE TODAY!

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 7, 2016

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 Sneed 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 natasha.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@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 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 7, 2016

Alcohol Awareness Month

Take a **day off** from **drinking** this week.

healthfinder.gov

USO

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.

Theft Prevention: Do Your Part
 By NCBC Security

In the past year, four individuals have reported personal property stolen and five people have reported government property stolen. These are documented cases only - not what people have failed to report.

People often assume because they are on a military installation it is not necessary to worry about securing their belongings. It is time for everyone to ask themselves how well they are really protecting their items? What precautions are being taken to keep from being a target?

There are two types of larceny: Unsecured Larceny and Simple Larceny.

- An example of unsecured larceny is when items are stolen from a vehicle that has not been locked.
- Simple larceny is when a vehicle is locked and items are stolen by causing damage to the vehicle in some way - i.e. broken window or a door being pried open. The difference can also be the cost to the individual who lost the items.

If the vehicle is not secured it is unlikely the individual will be reimbursed the cost



of items stolen (personal or government), however; if items are the vehicle was locked and items are stolen, the individual will be reimbursed for the loss and not held accountable for the military equipment taken.

Being on a military installation does not protect people from being a victim of crime. There are dishonest people on and off the installation who desire to commit larceny by stealing items that don't belong to them.

It is up to everyone to protect themselves and their belongings by always locking their vehicles and their lockers.

Visible items invite thieves, so remember to always secure valuable items and keep them out of sight.

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.

Seabee Courier

Child Abuse Prevent Month & Month of the Military Child - Children Thrive When Supervised, Safe and Sound -

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Proclamation Signing @ FFSC - 1130 	2 Resource Table at Chapel 
3  TIP: Practice giving compliments to family members	4 Resource Table at Medical Clinic 	5  TIP: Read to your children at least 20 minutes every day	6 Lemonade Stand with Resource Table in front of FFSC 1100 to 1300 	6 Wear BLUE to prevent abuse 	8 SAPR 5K at the Base Gym  CAP Resource Table	9 Seabee Day 0900-1600 
10 TIP: Start a family game night 	11 FFSC will be @ Pass Road Gate to hand out CAP information 0630 to 0730 	12 TIP: Go out as a family for a sweet treat 	13 Resource Table @ Fitness Center and Stennis 	14 Wear BLUE to prevent abuse 	15 TIP: Create a chore board and involve everyone 	16 Movie Night @ Training Hall 1600 Kids Free!! (Zootopia)
17 TIP: Make dinner together 	18  TIP: Send letters to distant family members	22	20 Lemonade Stand with Resource Table in front of FFSC 1100 to 1300 	21 Wear BLUE to prevent abuse 	22 TIP: Head outside to exercise as a family 	23 Navv Night @ Lynn Meadows Discovery Center 1700-2000
24	25  TIP: Pick a restaurant and go out to eat as a family	26 Come Get Your free Hot dog in front of FFSC - 1100 to 1300! 	27	28 Wear BLUE to Prevent abuse 	29	30 TIP: Start a family gratitude journal 

April 7, 2016

April is Child Abuse Prevention Month

Take the Pledge to Prevent Child Abuse at:
www.takeetheCAPMpledge.org

Some of the things that you can do in your family and community:

- ~ Learn more about the risk factors attributed to child abuse and neglect incidents.
- ~ Tell parents about available parenting and family resources located on and off military installations.
- ~ Offer to assist parents during unplanned and stressful events.
- ~ Make "how are you" phone calls to family, friends and neighbors who have young children.
- ~ Really listen to a child and understand that children need undivided attention when they talk. Be patient and remember that they move at a different pace in their little worlds.
- ~ Run an errand, bake cookies, or prepare a meal for a new mother in your neighborhood.
- ~ Listen to parents when they tell you about their challenges.
- ~ Remind the caregivers that you know what a great job they're doing.

www.takeetheCAPMpledge.org

Resources

Fleet and Family Support Center
Counselors
Victim Advocates
New Parent Support Program Home Visitors
www.ffsp.navy.mil

Military Healthcare Providers

Base Chaplains

Base Security

Military Chain of Command

Military One Source
1-800-342-9647

www.militaryonesource.com

Childhelp National Child Abuse Hotline
1-800-4-A-CHILD
1-800-422-4453

U.S. Health and Human Services
Administration for Children and Families
www.childwelfare.gov

If you suspect that a child is being abused or neglected, call your local Fleet and Family Support Center, your local Child Protection Agency, or dial 911 for immediate assistance.



Know The
Difference
Discipline is Not Abuse

Take the Pledge to
Stop Child Abuse

CHILD
ABUSE
PREVENTION

www.takeetheCAPMpledge.org



Fleet & Family Support Program
New Parent Support Program



Seabee Courier