

SEABEE COURIER

Fleet Master Chief Giordano Selected as 14th MCPON

From Office of the Master Chief Petty Officer of the Navy

WASHINGTON (NNS) -- The chief of naval operations (CNO) announced the selection of the 14th master chief petty officer of the Navy (MCPON) June 9, during an all hands call in Newport, Rhode Island.

CNO Adm. John M. Richardson said Fleet Master Chief Steven S. Giordano will take charge from MCPON Michael D. Stevens Sept. 2, during a change of office ceremony at the Washington Navy Yard.

"This was a very hard decision, perhaps the hardest I have made since becoming CNO," said Richardson. "Every nation around the world seeks to replicate the role played by U.S. Navy chief petty officers. After spending some time with our fleet master chiefs, it's crystal clear why. Each is superb in their own unique way. They really are the perfect blend of experience and professionalism, with little difference in their impressive resumes."

"As we encounter increased competition around the globe, the nation needs a capable and ready Navy today more than ever. Master Chief Giordano will play a central role in leading our team through the challenges and opportunities of today and tomorrow," said Richardson.

Giordano is currently serving as the senior enlisted leader for Commander, U.S. Naval Forces Europe/Commander, U.S. Naval Forces Africa in Naples, Italy.

"Fleet Giordano is a great leader and someone who is fully capable to lead our Navy well into the future," said Stevens. "I am very excited for him and his family and there is no doubt in my mind that he will do a magnificent job."

A native of Baltimore, Giordano enlisted in the Navy in June 1989. Following completion of basic training at Recruit Training Command Orlando, Florida, he reported to Naval Technical Training Center Pensacola, Florida, completing cryptologic technician training. Upon graduation, he reported to Fleet Air Reconnaissance Squadron (VO) 1 Agana, Guam, serving as a signals analyst and reporter and completed an operational deployment to Naval Security Group Det. Bahrain in support of Operations Desert Shield and Desert Storm.

Giordano completed numerous operational deployments aboard surface ships and submarines in the Pacific and European areas of responsibility. His previous command master chief tours include time aboard the guided-missile frigate USS McClusky (FFG 41) and at Navy Information Operations Command Colorado. He has also served as the force master chief for Navy Information Dominance Forces and currently as the fleet master chief for U.S. Naval Forces Europe/U.S Naval Forces Africa.

Giordano holds a Bachelor of Science in Management, is a graduate of the Senior Enlisted Academy and a Keystone graduate from the National Defense University.

His personal decorations include the Legion



Official file photo of Fleet Master Chief Steven S. Giordano. (U.S. Navy photo/Released)

of Merit, Meritorious Service Medal, Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal (five awards), Navy and Marine Corps Achievement Medal (seven awards) and various unit and campaign awards. He is designated in information dominance warfare, submarines and surface warfare.

For more news from master chief petty officer of the Navy, visit www.navy.mil/local/mcpon/.



ECS teaches first aid on board NCBC

Information Systems Technician Shanai Heber, a student at the Center for Security Forces Expeditionary Combat Skills Site on board Naval Construction Battalion Center, Gulfport, applies a bandage to Coast Guard Operations Specialist Zachary Graham during basic expeditionary 1st Aid class in Phase One one of ECS, June 16. (U.S. Navy photo by Brian Lamar/Released)



Keeping Cool at CDC

Summers in the south are HOT, but the children at the Child Development Center on board the Naval Construction Battalion Center have the right idea - water play! New critter-themed splash pads were purchased to encourage the children to engage their imaginations these outside times. (Photo courtesy of MWR/Released)

NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

Assistant PAO

Brian Lamar

Courier Staff

Vacant

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Navy announces further review of enlisted rating titles

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- In order to be as inclusive as possible and reflect that all Navy occupations are open to men and women, Secretary of the Navy Ray Mabus recently met with his leadership team to discuss the service's enlisted rating titles review.

During the meeting, senior Navy leaders, including Chief of Naval Operations Adm. John Richardson and Master Chief Petty Officer of the Navy Mike Stevens, agreed to develop a new approach to enlisted ratings that provides greater detailing flexibility, training and credentialing opportunities, is more gender inclusive, and ultimately translates Navy occupations more clearly to the American public.

"As we move to achieve full integration of the force, mirroring more closely the nation that we defend,

this is an opportunity to update position titles and descriptions to be more inclusive and better translate occupation and skill sets to prospective employers when Sailors and Marines leave the service," said Mabus.

The Navy will establish a second working group comprised of senior leaders from throughout the fleet to study how potential changes to rating titles may affect related personnel policy issues. Results of that review are expected to be completed and announced later this fall.

"This is an important opportunity for the Navy," said Stevens. "We have a chance to pour a foundation that will last for decades to come."

As the Navy implements several personnel policy changes as part of its Sailor 2025 program, senior leaders expect the results of this review to allow more flexibility in detailing Sailors, provide greater training and

credentialing opportunities, and help Sailors become more marketable to civilian employers once they leave the service.

They also envision a point where some combinations of today's rates, with similar training and experience, can quickly and easily cross into the occupations of other similar rates with a limited amount of additional training or experience. This has the potential to enhance career flexibility and detailing options for our Sailors, while also improving "fit" - our ability to get the right Sailors with the right skills into the right billets across the Fleet.

The chief of naval personnel/N1 will lead the Navy's implementation efforts.

Throughout the Navy's 241-year history, there have been more than 700 rating name changes for Sailors.

**NMCB ELEVEN
CHANGE OF COMMAND**



**JUNE 24
at 9 a.m.
Training Hall**

**NMCB ONE
CHANGE OF COMMAND**



**JUNE 28
at 9 a.m.
On the Grinder**

**NCBC Gulfport Restoration
Advisory Board (RAB) Meeting**

**Update on Environmental Restoration
Activities at NCBC Gulfport**

When? Monday, June 20, 2016
6:30 - 8:00 PM

Where? Isiah Fredericks Community Center
3312 Martin Luther King Jr. Blvd
Gulfport, MS 39501

Information will be presented in a poster session format. Please feel free to arrive any time during the meeting for discussions with the NCBC Gulfport Environmental Restoration Program project team.

For more information please contact Gordon Crane:

Phone: 228-229-0446

E-mail: gordon.crane@navy.mil

Website: <http://go.usa.gov/ZVGV>



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.

Recognizing the symptoms of Post-Traumatic Stress Disorder

Courtesy of Military OneSource

People who live through a traumatic event sometimes suffer its effects long after the real danger has passed. This is called post-traumatic stress disorder or PTSD. While PTSD is often associated with combat veterans, any survivor of a natural disaster, physical abuse or other traumatic event may suffer from it. The good news is that with professional help, PTSD is treatable. But the first steps in getting help are learning the risk factors, recognizing the symptoms and understanding the treatment options.

Living through a traumatic event once is difficult enough. But some people suffer its effects long after the real danger has passed through post-traumatic stress disorder. The good news is treatment is available for PTSD, and early treatment may help reduce long-term symptoms. The first steps in getting help are learning the risk factors, recognizing the symptoms and knowing the treatment options.

Knowing the risk factors

There is no way to know who will or won't experience PTSD. Several factors play a role in developing PTSD, such as individual personality, severity of the event, proximity to the event, the people involved in the event, duration of the trauma and the amount of support the person receives afterward. You may be at higher risk if you:

- Were directly involved in the traumatic event
- Were injured or had a near-death experience
- Survived an especially long-lasting or severe traumatic event
- Truly believed your life or that of someone around you was in danger
- Had a strong emotional or physical reaction during the event
- Received little or no support following the event
- Have multiple other sources of stress in your life

Recognizing the symptoms

Just as individual reactions to trauma vary, PTSD symptoms also differ from person to person. Symptoms may appear immediately after a traumatic event or they may appear weeks, months or even years later. Although the symptoms of a "typical" stress reaction can resemble those of PTSD, true PTSD symptoms continue for a prolonged time period and often interfere with a person's daily routines and commitments. While only a trained medical professional can diagnose PTSD, possible signs of the disorder include:

Re-experiencing trauma. Post-traumatic stress disorder frequently includes

"flashbacks," or moments in which the person "relives" the initial traumatic event or re-experiences the intense feelings of fear that surrounded it.

Avoidance/numbness. As a result of flashbacks or other negative feelings, people suffering from PTSD may avoid conversations or situations that remind them of the frightening event they survived.

Hyper arousal. Feeling constantly on edge, feeling irritable and having difficulty sleeping or concentrating are all possible signs of PTSD.

Children can also suffer from PTSD. In children, PTSD symptoms may differ from those seen in adults and may include trouble sleeping, acting out or regression in toilet training, speech or behavior. Parents of children with PTSD may notice that the children's artwork or pretend play involves dark or violent themes or details.

Understanding the treatment options

Even suspecting you have PTSD is reason enough to get a professional opinion, especially when free help is available around the clock to service members and their families. If you're not sure whom to talk to, start with any of the following:

- **Military treatment facility or covered services.** You can locate the nearest military treatment facility and covered services in the civilian community near you through the TRICARE website.
- **Your healthcare provider.** If you receive health care in the community through a civilian provider, you can start by talking to your doctor.
- **Local Department of Veterans Affairs hospital.** If you are eligible to receive care through a VA hospital or clinic, find the nearest facility through the Veterans Health Administration website.
- **Military OneSource.** While Military OneSource does not provide medical counseling services, it can provide referrals to your local counseling services in your community by calling 800-342-9647.
- **Military Crisis Line.** If you or anyone you know ever experiences thoughts of suicide, call the Military Crisis Line at 800-273-8255. The Military Crisis Line staff can connect you with mental health support and crisis counseling services for a wide range of issues.

Remember, you are not alone. Free help is available around the clock to service members and their families. Seeking help is a sign of strength that helps to protect your loved ones, your career and your mental and physical health.



The first B-29s landed on Strip No. 1, North Field at Tinian Island, Marianas, Dec. 21, 1944, not long after Seabees of the 6th Naval Construction Battalion completed repairs and expanded it. (Photo courtesy of U.S. Navy Seabee Museum)

Back in Time: Seabee History

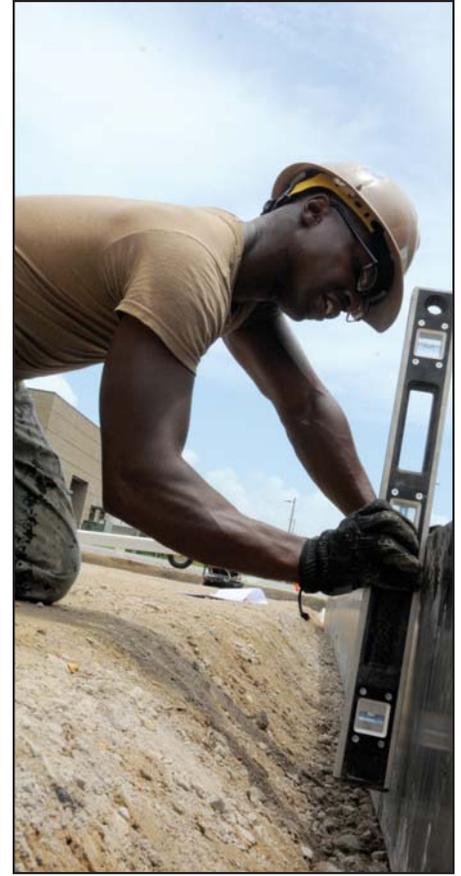
June 15

1944: Operation Forager, as the Marianas campaign in World War II was named, began on June 15, 1944, when 20,000 Marines and Seabees were put ashore on the beaches of Saipan. Seabees of the 121st Naval Construction Battalion (NCB) formed the shore party on the main invasion beach. By June 18, Marines captured Aslito, the main Japanese airfield on Saipan, and that very day, Seabees went to work repairing the bomb damage to the runways. Four days later, the first American fighter planes landed on the strip, and four months later, the Seabees had lengthened and widened the runways so that B-29s could take off for their first bombing of Japan. Japanese troops counterattacked against Aslito airfield and halted the Seabee construction work, but the Seabees grabbed up their arms and held them off. By July 9, Saipan was secured.

1985: Steelworker 2nd Class (DV) Robert Stethem is killed by terrorists in Beirut, Lebanon following the hijacking of TWA Flight 847. He will posthumously receive both the Bronze Star and Purple Heart, and be promoted to honorary Master Chief Constructionman on Aug. 24, 2010, in Yokosuka, Japan aboard the USS *Stethem*, named in his honor.

1991: On the island of Luzon, Philippines, Mount Pinatubo erupts, destroying Clark Air Base and burying Naval Station Subic Bay and Naval Air Station Cubi Point in a thick layer of ash. In the ensuing Operation Fiery Vigil, members of Naval Mobile Construction Battalions 3, 4, 5, and Construction Battalion Maintenance unit (CBMU) 302 work to clear the naval facilities. By October 1991, the Seabees moved 251,000 tons of ash from over 50 miles of paved surfaces.

Seabees continue base beautification project



Seabees from Naval Mobile Construction Battalion (NMCB) 11 work on a 630-day walkway and driveway enhancement project for buildings 316, 317 and 318 here June 14. The project required the Seabees to rip up old sidewalks and driveways. (Left) Equipment Operator 3rd Class Alicia Smith lays sod after removing unneeded sidewalk. (Above) Steel Work 3rd Class Jeffrey Hoffmeister (left) and Builder Constructionman Dalton Hawkins, cut grooves into a new walkway. (Right) Equipment Operator 2nd Class Alexis Smith uses a level to measure the brace before pouring the concrete for a new driveway. (U.S. Navy photos by Brian Lamar/Released.)

Your Healthy Lifestyle Festival: 'Live Healthy, Save Big!'

By DeCA Corporate Communications

FORT LEE, Va. – The Defense Commissary Agency will host the military resale partnership event, Your Healthy Lifestyle Festival, July 1-31 at commissaries worldwide.

This annual event will feature discounted prices on produce at commissary farmers markets, savings on workout equipment and apparel at exchanges, health screenings at local clinics, and fitness events hosted by the post morale, welfare and recreation activities.

With the theme "Live Healthy and Save Big!," the festival combines savings while supporting the military community's health and wellness goals, said DeCA Sales Director Tracie Russ. "We heartily support DOD's many initiatives to improve the health and wellness of service members and their families. Supporting this fest is a great way to continue that tradition," Russ said. "Together, the military resale community helps reinforce the installation as the No. 1 destination for partnership events.

The festival combines commissary farmers markets, exchange sidewalk sales, MWR fitness events, demos, music, free nutritious food samples, prize giveaways, discount cou-

pon offers, health and wellness information and children's programs. "Our patrons benefit most through the collaborative efforts of commissaries, exchanges, MWR services and our industry partners," Russ said.

For DeCA, the Lifestyle Festival also gives more visibility to the commissaries' worldwide farmers market program, an event that has offered plenty of tasty fruits and vegetables for the past three years, Russ said. "Our patrons are in for a treat when it comes to the quality produce offered at our farmers markets," Russ said. "Thanks to the creativity of our store personnel and industry partners who inject plenty of imagination and excitement into our farmers markets, combined with the exchange sales and the MWR fitness events, this festival will be a must-attend for our military customers." Although the bulk of the sales are in July and early August, a few locations will be held in June to avoid calendar conflicts: Marine Corps Base Camp Pendleton, California (June 18-19); Chievres Air Base, Belgium (June 12-14); Dugway Proving Ground, Utah (June 26); Izmir Air Station, Turkey (June 27-29); Los Angeles Air Force Base (June 13-15); Naval Station Mayport, Florida (June 13-15); Naval Base Pearl Harbor Commissary, Joint Base Pearl Harbor-Hickam, Hawaii (June 26-29); Naval Shipyard

Portsmouth, Maine (June 26-28); and Marine Corps Air Ground Combat Center Twentynine Palms, California (June 12).

An overall schedule listing installations and dates can be found on the DeCA website at <http://www.commissaries.com/healthy-lifestyle-festival.cfm>.

Commissary patrons should also check the individual store Web pages for more information on farmers market dates and other scheduled events. Customers who live near multiple commissaries are encouraged to use the DeCA website to frequent all sales in their area. Customers are also advised to contact their local installation media for specific festival event schedules.

Pregnant?

Warning: Zika can cause microcephaly and other severe brain defects

There is no vaccine to prevent Zika virus infection



Protect yourself from mosquito bites



Daytime is most dangerous
Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent
It works!
Look for the following active ingredients:
• DEET • PICARIDIN • IR3535



Wear protective clothes
Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.



Mosquito-proof your home
Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs in and near standing water.

For more information:

www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika

C32894-8



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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 odd 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

Fourth of July “Shout-Out” for ALL Sailors

For the upcoming Fourth of July holiday, Navy Community Outreach is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for all Sailors to friends and families in their hometowns.

Deadline: June 29 at 8 a.m. EST

Instructions:

- Call 1-855-OUR-NAVY (1-855-687-6289)
- Wait for 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 Sailors' 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), (HOMETOWN) AND CURRENTLY SERVING AT (COMMAND) OR ABOARD (SHIP).

WE ARE CURRENTLY OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (AOR), READY TO DEFEND AMERICA AT ALL TIMES. I WANT TO WISH MY FRIENDS AND FAMILY A HAPPY 4th of JULY! HERE'S TO OUR 240th YEAR OF INDEPENDENCE! GO NAVY!

Example:

HI, I'M NAVY PETTY OFFICER JOHN DOE FROM MILLINGTON, TENNESSEE, CURRENTLY SERVING ABOARD THE AIRCRAFT CARRIER USS RONALD REAGAN. WE ARE OPERATING FORWARD IN THE 7th FLEET AREA OF RESPONSIBILITY AND READY TO DEFEND AMERICA AT ALL TIMES. I WANT TO WISH MY FRIENDS AND FAMILY A HAPPY 4th of JULY! HERE'S TO OUR 240th YEAR OF INDEPENDENCE! GO NAVY!

Focus on Education



STOMP Workshop - A Specialized Training of Military Parents (STOMP) training workshop for military parents and service providers was held on board the Naval Construction Battalion Center Gulfport June 7-8. STOMP provided information about parent rights and responsibilities in achieving special education services for military children whether located in the United States or overseas. STOMP's mission is to provide support, advocacy, training and informational resources to empower families and individuals with disabilities. To learn more visit wapave.org (Photo by NCBC MWR/released)

Duties of NCBC School Liaison Officer

Naval Construction Battalion Center School Liaison Officer (SLO) Kevin Byrd, serves as a link between parents, educators and the command so military-connected children make a smooth school transition.

There are seven core components of the SLO program:

1. School Transition Support
2. Deployment Support
3. Special Education System Navigation
4. Communications: Command, Educator, Community, Parents
5. Partnerships In Education (PIE)
6. Home School Support
7. Post-Secondary Preparation

Kevin Byrd is located in MWR building #352, 1706 Bainbridge Ave. He may be contacted by email at kevin.r.byrd@navy.mil or by phone at 228-871-2117.

VETERANS:

? QUESTIONS & ANSWERS

June 21
8 to 10 a.m.

Education

 Disability Claims

 Home Loans

Fleet & Family Support Center

Veteran's Benefits Representative will be present
Call (228) 871-3000 to register

CAPSTONE event will start immediately following session

Quarles Elementary Kindergarten Camp

Calling All New Bearcats!

Children entering Kindergarten at Quarles Elementary for the 2016-2017 school year and have completely registered can attend. (All required paperwork must be completed.)

When?

*The camp will be July 18-22.
*8:00 a.m. to noon.
*Children will be fed lunch in the cafeteria at 11:30 each day, so please pick your child up promptly at noon.
There will be a mid-morning snack.

Why Kindergarten Camp?

Your child will get a chance to work the "big school jitters" out before the school year begins. Children will be able to:

- * Get to know the teacher and classmates for the school year.
- * Explore the important places in the school.
- * Learn classroom expectations, school rules, and daily routines.

What to Bring?

* Camp supplies are provided.
* Please send your child's supplies for the year at the end of camp.

Dr. Jan Hansen, Principal
228-864-3946

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

CPR/AED Classes

NCBC Fire and Emergency Services is offering Cardio-pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) classes to organizations on board the Center. For more information, call 228-871-2414.

Note from NCBC School Liaison Officer regarding Alternate School Districts

Parents: If you live on base and want to take advantage of the law that allows your children to go to an adjacent school district you do not need a district transfer. The key is "live on base." If you live off base you will need a district office transfer form signed by the superintendent. Point of contact for further information is Kevin Byrd, 228-871-2117 or kevin.r.byrd@navy.mil.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Just listen: The full story of a father

I stepped from airport baggage claim into the steamy Richmond sun, and found a bench at curbside pick up. I hadn't seen my father in a while, and a twinge of nerves caught in my throat.

When in a good mood, Dad is fun, larger than life in every way. While watching his favorite sitcoms, his loud and uncontrollable laughter is infectious. Also, he has an uncanny ability to seek out the best restaurants, always over-ordering for the table, and insisting on paying the bill. But like many people, my father has a moody side. When he's angry, he makes it uncomfortable for everyone, especially those he loves the most. We had both traveled to Richmond for my cousin's wedding and agreed to share a hotel room. Knowing my father was a man of extremes, I didn't know what to expect.

Suddenly, I heard three sharp blasts of a car horn. Then three more. I stood up to investigate,

just as I heard the blasts again. They were coming from a car driven by my dad. Good mood, I detected gratefully. I knew that the obnoxious greeting was my father's way of being playful.

I hopped into the passenger's seat, and while exchanging side hugs over the center console, I noticed that his skin was like crepe. Getting old, I thought.

"Okay," my father said in his characteristically domineering voice, "we don't have to be at the rehearsal dinner until six, so I thought I'd take you on a tour of Sandston." I knew the excursion to my father's hometown meant more to him than me, but I was curious to see the setting of his upbringing.

"When I was a kid, this road seemed to go on forever," he said of Sandston's sleepy main drag. He pointed to a faded drug store sign, explaining that his nanny, Irene, used to take him there for ice cream. "She wouldn't go in with us because she never wore shoes."



We turned slowly down Garland Avenue, and my father told me about the "creek" he used to wade in, now a grassy ditch along the side of the road. Among the line of tiny steep-roofed houses, he pointed out the one he used to live

in, where his parents divorced when he was only 6 years old. We rounded the corner to the school, and on to a small Civil War cemetery, as my father told of being sent to Fork Union Military School at the age of 10.

For once, I let him do all the talking, and he told all the stories I'd heard before, and a few I hadn't. Something in me sensed that my father needed to reflect on his life, and the best thing for me to do was to listen.

"I was devastated," he commented about his father leaving. "I always wanted the kind of dad who would take me fishing, but he just wasn't that way. After my mother sent me to Fork Union, I held the record for the most run-away attempts. But eventually, the school became like family to me."

Later, in our hotel room, my father napped while I settled into a polite routine intended to

minimize the awkwardness of the situation. Although we had visited each other many times over the years, sharing a hotel room was more chummy than we'd been in decades. Something in me sensed that my father simply needed a witness, not only to his stories, but to the advancement of his life.

Rather than armoring myself with defenses formed during rockier moments in our relationship, I opened myself to see my father as he was: a 73-year-old character with a unique story to tell. That weekend, I enjoyed his company, helping him with his buttons, brewing him coffee, researching local breakfast joints, and even plucking a particularly conspicuous white hair from his nose.

"This has been nice," my father said after breakfast at The City Diner on our final morning together. Grateful for having had the opportunity to get to know my father in the context of his full life story, I genuinely agreed.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, R.I. 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."*



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.

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. Brian Mack, 228-871-4274.

MWR JUNE 17-23



Check out our new website!
navymwrgulfport.com

Father and Child Fishing Rodeo

NAVY RECREATION

Biggest Fish by Length Wins!
 Prizes by age group

JUNE 18
6:30-9a

@ Seabee Lake



The Department of the Navy does not endorse any commercial products or services.

LIBERTY
 NAVAL CONSTRUCTION BATTALION CENTER
 GULFPORT, MISSISSIPPI

- 6/18 – 4 p.m., Kayak Trip to Back Bay Biloxi, \$5
 - 6/20 – 6 p.m., 80's Movie Marathon, Free Popcorn
 - 6/21 – 11a, Tournament Tuesday:
 Tire Flip Challenge, 1st Place Prize
 - 6/23 – 6 p.m., Sailor Adventure Quest:
 Reel Therapy @ Seabee Lake, Free
 - 6/24 – 6 p.m., Volleyball Nights @ Long Beach, Free
 - 6/26 – TBA, Deep Sea Fishing with Keesler Marina, \$99
- Call 228-871-4684 for more information

JUNE SPECIAL
CHICKEN PARMESAN HALF PO-BOY!

Savor each bite of golden fried chicken, topped with robust marinara & creamy mozzarella. Served with fries & ice cold fountain drink

Call for delivery between 11a-1p!



ONLY \$6.00!



Don't be caught off guard this hurricane season, schedule your **FREE** comprehensive Vehicle Safety Inspection by MWR Automotive Professional at the Auto Skills Center! Call to schedule! **228-871-2804**

PROUD TOUGH STRONG DETERMINED AWARENESS 5K



Wednesday, June 22 - 6:45a
Free for All Hands
Begin behind the Fitness Center
Captain's Cup Points Awarded

NAVY FITNESS Questions? Call 228-871-2668 **MWR**



Regular movie showings Friday Sunday of every week!

Showing this weekend: **The Angry Birds Movie (PG)**; **Captain America: Civil War (PG-13)**; **Neighbors 2: Sorority Rising (R)**; **Ratchet and Clank (PG)**

FREE SHOWING OF THE ANGRY BIRDS MOVIE FOR FIRST 200 SPONSORED BY NAVY FEDERAL CREDIT UNION, JUNE 18 AT 2 P.M.!

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		



NCTC Sunday

Chaplain (Lt. Cmdr.) Ammie Davis prays with Naval Construction Training Center (NCTC) students during the Protestant service at the Seabee Memorial Chapel on board Naval Construction Battalion Center, Gulfport, June 12. The Chapel holds services throughout the week. (Courtesy photo/released)

Family Enrichment Retreat at: Flint Creek Water Park and Campgrounds

Sign up Now!

July 22-24 2016

For a fun weekend, come join us at Flint Creek Waterpark and Campgrounds, Wiggins, MS. Cabin spaces **are limited!**
For Active Duty, Reservists, and Retirees.

Contact your Seabee Memorial Chapel for more information!
228-871-2454

VACATION BIBLE SCHOOL

VBS will be held at the
Seabee Memorial Chapel July 18-20
from noon - 4 p.m.

Please Stop by and register your child.

For more information please call 228-871-2454

2016 Feeds Families

The Department of the Navy
is committed to combating hunger around the world!

Get Involved: June 1 - Aug 31

Drop off non-perishable food items in any donation box located at:
Navy Exchange, Seabee Memorial Chapel, Fleet & Family, Commissary and the Navy Gateway Inn and Suites.

For more information, please contact:
RP2 Shoemaker: 228-871-2454

June 16, 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

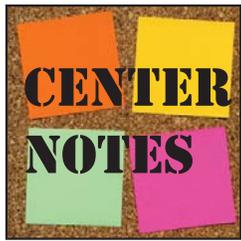
Thursday

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 welcome 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 nmcb-11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

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

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.navywivesclub-sof-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 helps 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, second-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 Veterans Affairs 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 Feters, President at 228-832-4893 or email cfeters@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>.

Disabled American Veterans (DAV), Chapter 5 invites veterans and future veterans to monthly meetings held the third Monday of each month at 7 p.m. Call service officer, Silva Royer at 228-324-1888 to find out more information.

Navy Seabee Veterans of America (NSVA) Island X-1 - Gulfport is always 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 DVDs. Contact them at www.seabeesmuseum-store.org or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

NCBC Helping Hands

BOYS AND GIRLS CLUB OF PASS CHRISTIAN - Volunteers are needed to put together picnic tables at the Pass Christian Boys and Girls Club. To volunteer, please contact Leah Ladner, 228-863-0424 or lladner@bbcgt.com.

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 needed to 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 U.S. 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. Call 228-604-4020 or email 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 two 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@afrh.gov to find out more information.

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

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

HELP SENIORS/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.