

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 56 No. 20

Naval Construction Battalion Center, Gulfport, Mississippi

May 19, 2016

NCTC welcomes new Skipper



Capt. Heather Walton, left, and Cmdr. Ana Franco transfer the command colors during Naval Construction Training Center's (NCTC) change of command ceremony held at the Training Hall on board Naval Construction Battalion Center Gulfport, May 18. Franco, took command of NCTC following a tour as 7th Naval Construction Regiment's Chief Staff Officer. Walton will depart the Gulfport area and will report to Navy Expeditionary Combat Command located on board Joint Expeditionary Base Little Creek-Fort Story, Virginia Beach, Va. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

Center Events

Military Spouse Appreciation Luncheon

May 24, 11 a.m. - 1 p.m.
Seabee Memorial
Chapel Fellowship Hall

*This event is brought to you by NCG2,
FOCUS
and
Fleet and Family Support Center
See page 8 for details*



Asian American and Pacific Islander Heritage Celebration

May 26, 10 - 11 a.m.
NOSC, Building 114
Sponsored by NCBC Multi-
Cultural Diversity Committee

*Building Leadership:
Embracing Cultural Values
and Inclusion*

NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Bonnie L. McGerr

Special Contributors

BUCN Samantha Opyoke

The Seabee Courier is a weekly authorized on-line publication for members of the military services and their families. Content does not necessarily reflect the official views of the U.S. Government, the DoD or the U.S. Navy and does not imply endorsement thereof. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the U.S. Government, DoD, the Navy or NCBC Gulfport of the products and services advertised. All content in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The Seabee Courier solicits news contributions from military and civilian sources, but the Public Affairs staff reserves the right to edit and/or rewrite material selected for publication to conform with journalism standards. The deadline for material is close of business every Friday. Your comments are always welcome. The Seabee Courier office is in Building 1, Room 205. The mailing address is 4902 Marvin Shields Blvd., Code N00P, Gulfport, MS 39501. Phone, 228-871-3662, email: seabeeCourier@navy.mil.

See You Down the Road

"Heading off on a new adventure, "hitting the road," "calling it quits," "exploring new options" are examples of euphemisms used to describe leaving. As a person who has been reminded on more than one occasion that they are not very subtle, I will simply lay it out in plain language. This is my final Seabee eCourier.

On May 27 I am retiring from federal service after some 36 years of working with the government in one capacity or another. There, I said it. It feels pretty darn good to say it! As I type this, there is a big old grin on my face!

I do not mean to give the impression that I have not enjoyed most of my time as editor of the Seabee Courier, but when I reported to Public Affairs in 2002 I had no idea I would inherit the job on a permanent basis. Through a series of military billeting difficulties, a unexpected six-month tasking turned into a 10-year job assignment.

During my time as editor, the Seabee Courier transitioned from a bi-weekly 24-page print newspaper to a weekly 12-page electronic paper. I must admit that I fought tooth and nail

to keep the print edition ... my supervisor, Rob Mims, will verify this statement. I was afraid that without something tangible, our message would not get out and we would lose some of our readers who would not be comfortable with our e-format; and we probably did. But on May 9, 2012 we gained a larger readership when we went electronic. Our readers are now able to access and share the Seabee eCourier via several platforms – Facebook, base website and a subscriber mailing list. We also did the environment a favor because trust me; we were recycling a large amount of newspapers with each new edition.

Although I will no longer be the editor of the Seabee Courier, I will happily add my name to the list of eCourier subscribers as I look forward to keeping up with NCBC from a nice little bungalow on a lake somewhere in Eastern Tennessee.

As I prepare to take my leave, I will say so long for now and I hope to run into you somewhere down the road.

Sincerely,
Bonnie Lindley McGerr
Editor



NCBC Security reminder on Bicycle Safety:

Children in base housing must wear a helmet when riding a bike.

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of March 11, 2016.



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

Gulfport: Blue Envy Night Club, 2909 26th Avenue; Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Rooney's Irish Pub, 1316 27th Avenue.

Ocean Springs: Foster's Martial Arts, 2550 Bienville Boulevard.

Exception: Armed Forces personnel and their families who are currently under contract may complete the duration of that initial contract, as this order does not legally relieve members of

their contractual duties to that contract. Members are prohibited, however, from entering into new contracts after the date of this order. Service members are ordered not to enter or patronize these off-limit establishments or their locations. This restriction does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice. This letter supersedes the previous Off-Limits List of April 21, 2015.

May 19, 2016

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.

Seabee Courier



Construction Mechanic Constructionman Johnathan Quezada assigned to NMCB 11, swings for a pitch during a NCBC Moral Welfare and Recreation (MWR) Softball league game, May 10. MWR Sports offer a wide variety

of team and individual sports, including: softball, basketball, volleyball, flag football and many other sports to promote unit morale. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)



Chiefs and First Class Petty Officers from NCG 2 and 22 NCR came together to help spruce up the grounds of the Mississippi Vietnam Veterans Memorial in Ocean Springs, May 13. Activities included painting, pressure washing, tree and bush trimming, mending ceremonial flags, as well as sweeping and raking debris. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)



Patrons show off their completed art work at the conclusion of the inaugural Paint-N-Sip event hosted by MWR on board NCBC Gulfport, May 13. The women chose their state to paint upon

registering and were then provided individualized painting guidance. For information on the next Paint-N-Sip party, call 228-871-2231. (Photo courtesy of MWR/Released)



Members of NMCB 1's Charlie Company grill burgers and hot dogs at a fund raising event in support of the Navy-Marine Corps Relief Society Active Duty Fund Drive 2016. To date, \$116,234 has been raised throughout the Mississippi Gulf Coast Region. (U.S. Navy photo/Released)

Navy Gold Star Program remembers

Stephanie Hunter
(NAVY LIVE BLOG - May 9, 2016)

For many, the month of May is synonymous with the unofficial start of summer, barbecues, beautiful weather and a long holiday weekend. The Memorial Day holiday was created as a day of remembrance to honor the men and women who have paid the ultimate price to ensure our freedom. Originally known as Decoration Day, it was dedicated to remembering those who died during the Civil War; this tradition continued until World War I when it evolved to honor all those who gave their lives in service to our country. Memorial Day was officially recognized as a federal holiday in 1971.

Today, while our primary efforts are to remember those fallen service members, we should also take time to acknowledge the

sacrifices of those who they leave behind – our Gold Star families.. The Navy recognizes that no one has given more for our nation than the families of the fallen, and the Navy Gold Star Program is there for them as the Navy's official long-term survivor assistance program. Its primary focus and mission is to provide an unprecedented level of service and commitment to our Navy Gold Star families.

Survivors eligible for this program are the widow, parents and next of kin of the fallen service member. The term "widow" includes widower. The term "parents" includes mother, father, stepmother, stepfather, mother through adoption, father through adoption, and foster parents who stood in loco parentis. The term "next of kin" includes children (including natural, step-children and children through adoption), brothers, sisters, half-

brothers, and half-sisters. If a spouse remarries, he or she is still eligible for services and support.

Each survivor is assigned an Installation Navy Gold Star Coordinator who serves as the long-term support advocate and is responsible for service delivery. The coordinators provide – either directly or through appropriate professional resources – support groups, life skills education, assistance in managing applicable life-long benefits, transition milestones and referrals to counseling resources. Survivors can be connected to our Navy family for as long as they desire.

The Navy Gold Star Program has dedicated the entire month of May to recognizing our Gold Star families. Throughout out the month, we're sharing what it means to be a Gold Star Family and our honoring Gold Star families by hosting events that pay tribute to their



fallen loved ones and provide surviving family members with opportunities to connect with one another.

Stephanie Hunter is a program analyst for the Navy Gold Star Program under Navy Installations Command.

Navy household goods peak season begins: Make move plans now

By Suzanna Brugler
NAVSUP GLS, Office of Corporate Communications

Naval Supply Systems Command Global Logistics Support (NAVSUP GLS) encourages Sailors to start planning now to navigate through the peak season household goods (HHG) moving rush as tens of thousands of Navy Sailors receive orders to new assignments across the nation and worldwide.

Peak season for household goods moves runs from May 15 to August 15. During this time, almost 65 percent of all Department of Defense household goods moves for the year will be executed.

"Early initiative and flexibility are key ingredients for a successful household goods move during the summer peak season," said Deborah McGlennon, NAVSUP GLS Household Goods program manager. "The sooner you submit your application, orders and all the required signed documents, the more control you will have over your move."

Personnel preparing to execute a permanent change

of station (PCS) move are encouraged to take the following actions 30 days prior to receipt of orders:

- * Visit the NAVSUP GLS HHG and personal property website at <https://www.navsup.navy.mil/household/dps>. If using a tablet or mobile phone, be sure to include the "https" prefix to the web address.

- * Explore the informative tutorials available on the website. Tutorials cover subjects including initial processing, self-counseling, storage information, tracking your shipment, and claims processing.

- * Register for a Defense Personal Property System account at the web address, www.move.mil/.

- * Self-counsel on your move entitlements.

- * Submit your household goods shipment application.

- * For guidance on account creation, application screenshot assistance, and notices for moves outside of the continental United States (OCONUS), go to <https://www.navsup.navy.mil/household/dps>.

See **MOVE** page 12



MEMORIAL DAY CEREMONY

IN HONOR OF OUR NATION'S DECEASED MILITARY VETERANS



The Veterans of Foreign Wars, (VFW) Post 2539, along with the City of Gulfport, will conduct a Memorial Day Ceremony to honor all of our Nation's deceased Military Veterans.

There will be special recognition for those who served in the Persian Gulf War, during the ceremony. This year marks the 25th anniversary of that War

This ceremony will be held Monday, May 30, 2016 at 7:30 am at

The Barksdale Pavilion, located in Jones Park adjacent to Hwy 90, in Gulfport



For further information contact: Charles Purchner, Jr.

VFW State Senior Vice Commander

Department of Mississippi

Cell: (228) 313-1048



Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

June is National Candy Month - what is your favorite sweet treat?



"I like anything with chocolate, but Snickers is probably my favorite."

CMCN Daniel Yates
NCBC



"Reese's is my favorite, but all sweets are great!"

EOCN Heather Pemberton
NCBC



"Snickers is my favorite, but I like all chocolate sweets."

RP2(FMF) Henry Shoemaker
NCBC

Dear Military Child: Resilience

By **Deja Fisher**
Special Contributor



When my cultural geography professor asked the class to write a list of the five most important things in our lives, my list included: family, friends, good grades, food and sleep. I placed those things on my list because I felt that those were the only things I needed in order to get through college – the support of my family and friends, good grades to get my degree, food to give me the energy to complete my work and sleep for an added boost.

After he lectured us about the impact of the things we hold to be important, he asked us to redo our lists. I sat staring at my paper because I had no idea what to write; but then I heard my mother's voice in my head. Her voice was saying something she had repeated my entire life, "You are resilient."

As I reflect upon the many things I endured as a military child, I realize the one thing that remained constant was my resilience. It was tough learning that I had to move to a new country every three years but I would eventually accept the news and prepare myself for the move. Saying, "see you later," to my loved ones was almost unbearable but I did so with a smile on my face because I wanted to be strong.

The culture shock I experienced every time we stepped foot in a new country was overwhelming however, my shock would later turn into fascination and my fascination would aid in my adjustment. Once I adjusted to my lifestyle, I began to discover the ways in which

it prepared me for milestones such as college.

Overcoming all of these tough situations made me resilient and this resilience would follow me for the rest of my life. If I were going to change the world then I would first need to be able to bounce back from tough situations. I would have to understand that not everything is easily obtained

and that I would be knocked down on more than one occasion. Despite being knocked down, I would have to get back up and continue moving forward.

Speaking of continuity, I needed to continue thinking of another four things to add to my list. I snapped back to reality and focused on the rest of my list; but no matter how hard I tried I could not think of anything else to add. Everything seemed to lead right back to resilience. Wisdom? Strength? Self-esteem? Inspiring others? All of those things could be obtained by learning from my mistakes, not allowing my failures to weaken my resolve, believing that I can handle anything that comes my way and by others observing me doing everything I just mentioned. In other words, all of those things could be obtained so long as I remained resilient.

My time ran out and my professor stood at the classroom door collecting all of our lists as we exited the room. Before getting up from my desk I wrote down a sentence explaining why I only had one thing on my list: "So long as I am resilient, I will be capable of anything."

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.

IN STEP WITH THE RUNNIN' ROOS' OF NMCB 133



Above: Members of the Naval Mobile Construction Battalion (NMCB) 133 Coalition for Sailors Against Destructive Decisions (CSADD) hosted a lunch time burger burn on board Naval Station Rota, May 13. The CSADD program promotes positive choices and develops leadership through community involvement and hosting recreational events. (U.S. Navy photo/Released)



Right: Construction Electrician 3rd Class Tyler Hall, assigned to Naval Mobile Construction Battalion 133 Detachment (DET) Guam, works with Air Force Senior Airman Justin Long, from the 554th Red Horse Squadron, to connect conduit to a fire alarm panel. DET Guam provides construction support to the 554th Red Horse Squadron, gaining valuable experience partnering with fellow military engineers. (U.S. Navy photo by Lt. Juan Delacruz/Released)

May 19, 2016



USO GULF COAST STARS AND STRIPES GOLF TOURNAMENT

June 11, 8 a.m., Hickory Hill Country Club (Gautier)

4 person Scramble, \$300 per 4-person team (includes breakfast, greens and cart fee, range balls and lunch!

All proceeds to benefit the USO Gulf Coast To register, please contact Bobby Lamb (robert.lamb@hii-ingalls.com) at 228-935-1277 or 228-257-9420

6 Energy and Water Savings Tips for Summer

From NCBC PWD Utilities Energy Manager

Are you looking for ways to save money this summer? Try these ideas.

- ~ Use a programmable thermostat, one you can program to match your schedule. The thermostat adjusts when you go to bed at night and when you leave for work. Manufacturers say these thermostats will save you \$180/year if you're routinely away from

- home and if you don't change schedules.
- ~ Seal leaks and insulate especially around windows and doors. It will improve the efficiency of your HVAC system and make your home more comfortable.
- ~ Get an HVAC tune-up. Think of an HVAC tune-up as changing the oil in your car. It will help your system run more efficiently all summer long.
- ~ Tune-up your irrigation system. Walk around your yard when your system is running. Check for leaks and broken or clogged sprinkler heads. Make sure you're not watering the street or sidewalk. EPA's WaterSense says as much as 50 percent of the water we use outside is wasted due to

- inefficient watering.
- ~ Check your rain sensor and make sure it's not clogged with leaves or other debris. Rain sensors shut off your irrigation system so you're not watering when it's raining.
- ~ Leave it long. Allow your grass to grow longer to promote deeper root growth. Deeper roots mean your lawn will be more drought resistant.



Source: "News from JEA" 5/16 - Creating a wind chill effect.

Seabee Courier

NOSC Gulfport wins Small Command Pistol Trophy

From NOSC Gulfport
Public Affairs

A team of shooters representing Navy Operational Support Center Gulfport, took first place for a small command during the 2016 Atlantic Fleet team pistol match, here in April.

"The Navy Marksmanship Team is designed to teach basic marksmanship at an advanced level while under the stress of competition," said Cmdr. Jason McCoy, NOSC Gulfport commanding officer. "It's important for the Navy Reserve to support this with as many resources available in order to bring this skill back to the mobilization ready forces that stand ready to augment and support our active duty units."

During the team match, each competitor fires 30 shots, at distances of 25 and 50 yards, from a service pistol, for a possible score of 300 points. The total of all four members forms the team score. Firing against active-duty and reserve teams, the NOSC Gulfport



Members of Navy Operational Support Center (NOSC) Gulfport Pistol Team, winners of the Small Command Pistol Team Match at the 2016 Atlantic Fleet Rifle and Pistol Matches, held in April. Left to right: AMC Doug McClain, Lt. Cmdr. Nick Owen, Cmdr. Jason McCoy, MCCS William Lovelady. To right of team is Cmdr. Mick Glancey, Officer in Charge of Navy Marksmanship Team and Cmdr. John Marvell, Assistant Officer in Charge. (Photo courtesy of NOSC/Released)

team shot a 775 of 1,200 possible.

Chief Aviation Structural Mechanic Doug McClain, NOSC Gulfport senior enlisted leader, started shooting the fleet matches in 2003, but operation commitments kept him out of the game for a while. This was his first year back at the Navy matches in nearly a decade.

"I can't think of a much better way to bring so many different aspects of the Navy together in one place and have such a positive outcome," said McClain. "It's the true meaning of one team one fight."

Team members included McCoy, McClain, Lt. Cmdr. Nick Owen, and Senior Chief Mass Communication Specialist William Lovelady.

In addition to their win in the team pistol match, the NOSC Gulfport team took third place in the small command team rifle match.

For more information about the Navy marksmanship program and upcoming matches, visit; www.usnmt.org <<http://www.usnmt.org>

Back in Time: Seabee History

May 15

1968: The last flight of NMCB 11's 16-flight airlift to Vietnam was marred by disaster. The flight crashed on landing at Quang Tri airstrip. Seven passengers were injured and immediately flown by Medevac helicopters to the hospital ship, USS Sanctuary, cruising off the coast of Vietnam. The left wing was torn from the plane on impact and strewn ablaze for several hundred yards from the plane. Fires broke out within the fuselage of the plane, and one of the remaining engines burst into flames. While the crash trucks were rushing to the scene, Seabees poured out of the rear hatches carrying the injured with them. The battalion's dentist, Lt. Conley T. Snidow, who was accompanying the troops, administered first aid on the scene.

1969: NMCB 121's Hospital Corpsman 3rd Class Gustave Pappas was wounded by a grenade

thrown into the back of an ambulance during a civic action visit to the village of Phu Long, RVN.

May 16

1970: NMCB 5's battalion flag was transferred from Camp Haskins North, Da Nang to Bien Hoa, RVN. Personnel remaining at Camp Haskins North became Detail Yankee.

May 18

1969: Team 1013 compound and Xuan Loc City, RVN came under heavy enemy rocket, mortar, and small arms fire. Construction Electrician 2nd Class Phillip Lee Grieser was killed by shrapnel.

May 19

1968: A rocket attack began at 1930 (7:30 p.m.) on NMCB 4's almost completed camp site at Camp Evans, RVN. One rocket hit the ammunition supply point (ASP). Fires and explosions spread destruction to the major ASP area and fuel farm. Debris from the exploding shells and rockets caused moderate damage to five

berthing huts, and Alpha Company shops and repair parts buildings. Explosions continued into the morning of the 20th, but with no Seabee casualties. **2007:** Capt. Katherine (Kate) Gregory assumed command of the 30th Naval Construction Regiment (NCR), the first female active duty regimental commander in the history of the Naval Construction Force.

May 20

1946: 29th NCB inactivated at Truk, Caroline Islands. 85th NCB inactivated on Wake Island. 96th NCB inactivation at Tsingtao, China began, completed by Aug. 1, 1946.

May 21

1966: The first five flights of NMCB 8 departed Vietnam for CONUS. Seabees on the first three flights had to be transported to Da Nang airfield by helicopter because of road blocks caused by civil strife in the city of Da Nang.

Family pride



Master Chief Logistics Specialist Tonya McCray, has her master chief collar devices pinned on by daughters Sarija, left, and Racquel, during a pinning ceremony held on board Joint Expeditionary Base (JEB) Little Creek-Fort Story, May 4. McCray is Headquarters company commander and supply officer with Construction Battalion Maintenance Unit (CBMU) 202. (U.S. Navy photo/Released)

May 19, 2016

Seabee Courier

Focus on Education

Keesler AFB Military Family Events on Armed Forces Day

Military Family Appreciation Day

In partnership with Gulfport Elk's Lodge, Military Family Appreciation Day will be held from noon - 4 p.m. at Keesler Marina. The event will feature food, music, bounce house, giveaways, door prizes, slides, movies and a splashpad (weather permitting). Children will also learn how dinosaurs are found and recovered. The digs will be held at various times during the event and no child will be left out.

The first 250 child will go home with a real piece of a dinosaur that they dig up! This event is sponsored by Elks Lodges of Pascagoula, Ocean Springs, Biloxi and Hattiesburg.

Junior Fishing Rodeo

A junior fishing rodeo for children ages 2 to 12, will be held from noon - 3 p.m., May 21 at Keesler AFB Marina during the Military Family Appreciation Day. Rods and reels will be available. This event is sponsored by Gulfport Elks Lodge #978 and Ocean Spring Lodge #2501. Advertisement of these events does not constitute endorsement by the Navy.

FORCE PROTECTION IF YOU SEE SOMETHING, SAY SOMETHING IMMEDIATELY!

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

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

This includes, but is not limited to:

- ~ Unusual items or situations - A vehicle is parking in an off location, a package/luggage is unattended, a window/door is open that is usually closed, or other out of the ordinary situations occur.
- ~ Eliciting information: A person questions individuals at a level beyond curiosity

about a building's purpose, operations, security procedures and/or personnel, shift changes, etc.

~ Observation/Surveillance: Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations), unusual repeated, and/or prolonged observation of 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

STOMP Workshop

WHEN: **June 8 & June 9, 2016**
8:30 am - 3:30 pm

WHERE: **Anchors and Eagles Bldg. 303, John Paul Jones Gulfport, MS 39501**

Please bring your child(ren) if you are not able to obtain childcare for all or part of each day you are able to attend.

Interactive Breakouts to learn:

- ⇒ What your child's IFSP/IEP can do for them when goals are written "SMART"
- ⇒ 504 accommodations and modifications

Network with peers and professionals to gain knowledge about your local community and available resources.

Please register online for the STOMP workshop at:

<https://stomp-gulfport.eventbrite.com>

For information on the STOMP Workshop please contact:

Kevin Byrd, School Liaison Officer

☎ (228) 871-2117

✉ kevin.r.byrd@navy.mil

Workshop Layout Day 1 - What You Need to Know!

- Your right as a parent of a child with a disability
- What to have when PCS/ETS occurs.
- Communicating effectively to attain collaborative relationships for your child.
- **Your Child's IFSP, IEP, or 504** (Please bring a copy if you would like to learn how they will be best supported)



Workshop Layout Day 2 - TRICARE, SSI, and Medicaid for the Military Family.

- TRICARE/ECHO/ABA
- The steps taken to apply for SSI and Medicaid

Wills, Guardianships, and Special Needs Trusts

- Planning for the future of your child without you

Nominate your significant other for an award in recognition of Military Spouse Appreciation



Honor your significant other's effort and support of your military journey together by submitting his/her name for an award and enjoying a FREE lunch TOGETHER.

Here's how:

~ Step 1: Develop 2-3 points that complete this sentence: "I appreciate that you _____, _____, and _____."

~ Step 2: Send your sentence and a picture of you as a couple to Gulfport@focusproject.org. FOCUS and FFSC will generate the awards.

~ Step 3: Invite your significant other to a reception at the Chapel Fellowship Hall May 24 from 11 a.m. - 1 p.m. You will pick up an award and letter of commendation and present it to him/her. **Lunch will be provided.**

Questions? Please contact FOCUS: 228-822-5736

This event is brought to you by Naval Construction Group (NCG) Two, FOCUS (Families Overcoming Under Stress) and Fleet and Family Support Center.

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.

NCBC Gulfport School Liaison Officer Kevin Byrd
MWR Building 352, 1706 Bainbridge Ave.
Phone: 228-871-2117
Email: kevin.r.byrd@navy.mil

Zika Virus Information Update

The links below will lead you to updated Navy Zika information sheet and trifold for Sailors, Marines and their families.

Info sheet:

<http://www.med.navy.mil/sites/nmcphc/Documents/program-and-policy-support/Navy-Zika-InfoSheet.pdf>

Trifold:

<http://www.med.navy.mil/sites/nmcphc/Documents/program-and-policy-support/Navy-Zika-Trifold.pdf>

Point of contact for Zika Virus information at Naval Branch Health Clinic (NBHC) Gulfport is HN Brian Masse, who may be contacted via email at: brian.d.masse.mil@mail.mil.



'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Graduation: Getting lost on memory lane

Believe it or not, hoarding comes in pretty handy around high school graduation time.

Over the years, my family has been concerned about my propensity to save everything from hospital bracelets to matchbooks. But I've always felt compelled to squirrel things away, like my old Holly Hobby sewing machine, our daughters' confirmation dresses, my son's sock puppet, and the collar from our long dead cat Zuzu.

When my son Hayden graduated two years ago, I sent 36 t-shirts I'd been saving since he was a baby — from Montessori preschool to tae kwan do to boy scouts to football to band — to a quilter to make him a one-of-a-kind bedspread for his dorm room that would memorialize his particular childhood experiences. The quilt was such a meaningful graduation gift, I've been vindicated.

Turns out, my hoarding actually had a purpose after all.

With our second child, Anna, about to graduate, I recently went down to our basement to find the t-shirts I'd saved for her quilt. However,

what should've taken ten minutes, took an entire afternoon and a half box of tissues.

The first tub I opened was full of baby items that I hadn't seen in years. There, in the musty fluorescent corner of our basement, I got lost in memories. I caressed the soft flannel receiving blankets, remembering that she was born while we were stationed in England, in a village hospital by an Irish midwife. Pastel afghans, a tiny gingham dress and Anna's baptismal cloth took me further away.

The layers were like the rings of a tree. In between were lumps - a special rattle, a tattered pink doll, and a string of wooden beads. My eyes lost focus as I recalled Anna as a sleepy toddler, stroking the beads, over and over.

The next box was full of old toys. I saw the plastic yellow baton, gripped by Anna's perpetually sticky fingers, relentlessly beating the chubby Fisher Price xylophone. The pink and purple play purse put me in our old house in Virginia, where Anna would strut around with the purse over one arm,



stopping to apply the fake lipstick and pose precociously before a mirror.

Pink and yellow plates, cups and pots looked exactly like they did when Anna served up smorgasbords of plastic toy pizza slices, hamburgers, peas, bananas, cupcakes and cheese wedges.

"Mmmmm," I would say, smacking my lips loudly and pretending to chew in hopes of eliciting her brightly dimpled smile.

The doll at the bottom, still stained with an ink scribble in the middle of her forehead, looked serenely relieved to have retired to a cardboard box. Her life with Anna had not been easy. With the doll slumped in an umbrella stroller, Anna would push her around our cul-de-sac, sometimes hitting a crack that would catapult the poor doll head-first into

the pavement. A quick kiss on the scuffed head, and Anna was off again.

A file box contained artwork, crafts, and primitive pottery - ancient relics with cracking macaroni and yellowing glue. The items, ironically, gave no indication that Anna would eventually develop a talent for art and design. Small spiral notebooks were scribbled with Anna's endless ideas, garment sketches, and redecorating plans. "How to make money this summer: 1. Sell my old Barbies; 2. Make lemonade; 3. ..." one page read. "Rules for Secret Club House," another read.

It's an incredible privilege to watch a human being grow, I thought. Cradling a helpless budding newborn in my arms, I could never predict the distinctive person that would take 18 years to bloom before my very own eyes.

Through the dusty basement air, I finally found the box of t-shirts, and the wonder of our exceptional daughter came into focus. Bossy, stubborn, controlling and pensive. Intelligent, driven, hilarious and creative. With big brown eyes, a sparkling

smile, and an uncommon dimpled chin. Determined to become a successful fashion designer.

As I trudged sniffing up our basement stairs, I realized that I didn't keep all those boxed basement relics for my kids, I kept them so I wouldn't forget. Regardless, High School Graduation, the monumental milestone that heralds adulthood and independent life, has a way of making the last 18 years unforgettable. Even if we don't create quilts or shadow boxes or scrapbooks memorializing our child's life, graduation has a way of melding past and present together into one great epiphanic flash, imprinting the incredible image of our children's evolution in our minds ... forever.

*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."*

Key and Lock Control Program designated Key Custodian training

May 24 at 9 a.m. or 1 p.m., Building 433, Room 156

Those who have been designated a Key Custodian, but have not yet completed the training are asked to send an email to sharlene.daniels@navy.mil or call her at 228-871-3599 so that a seat can be reserved. Estimated time for class: 1 hour

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.

MAY 20-26



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



Memorial Day MAY 27-30 Weekend Atlanta Trip

CALL IT FOR PRICING!

Includes
Transportation,
Lodging,
Breakfast &
Admission Tickets

Six Flags,
Atlanta Braves,
Georgia Aquarium,
Underground Mall &
More!



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

SEABEE CINEMA GIVEAWAY

ENTER FOR THE CHANCE
TO WIN!

JUST TAKE OUR SURVEY!

*ONLY ELIGIBLE MWR PATRONS CAN WIN

LIBERTY

NAVAL CONSTRUCTION BATTALION CENTER
★ ★ ★ GULFPORT, MISSISSIPPI ★ ★ ★

- 5/20 - 4 p.m., Cooking Corner: Grilled Pizza, Free
- 5/21 - 8 a.m., SUP with Sera, Free
- 5/22 - TBA, Humane Society Volunteer Opportunity, Earn an LOA!
- 5/23 - 6 p.m., Sailor Adventure Quest: Reel Therapy, Free
- 5/24 - 6 p.m., Human Hungry Hippos, Team Prizes!
Call 228-871-4684 for more information

NAVY COMMUNITY RECREATION



OUTDOOR RENTAL MAY SPECIAL



Turf Maintenance Package

ONLY \$10/DAY
plus applicable deposits

- 1 WALK-BEHIND MOWER
- 1 WEED EATER EDGER COMBO
- 1 100' EXTENSION CORD



RESERVATION REQUIRED

Supplies are limited

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

HomeRun May 21 6p Derby



Sign up May 1 - 21
Male & Female Divisions
Equipment Provided
Softball Fields
Free for All Hands



SEABEE CINEMA

Regular movie showings Friday Sunday of every week!
Showing this weekend: The Jungle Book (PG);
The Huntsman: Winter's War (PG-13);
FREE SHOWING of Deadpool (R) 5/21 at 7 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 | | |

NCBC Helping Hands

FLAG PLACEMENT AT BILOXI NATIONAL CEMETERY - Biloxi National Cemetery Memorial Committee is asking for volunteers to place flags at veteran's graves, May 28. If you would like to volunteer, please be at Biloxi National cemetery grounds May 28 at 8 a.m. A Memorial Day ceremony will be held at Biloxi National Cemetery May 30 at 9 a.m.

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

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

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

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

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

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

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

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

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

May 19, 2016

Energy Savings Tip:

~ **Be a speedy chef** - Nothing is more energy efficient for cooking than your microwave. It uses two-thirds less energy than your stove.

~ **Push a button to wash your dishes** - Your dishwasher uses less water than washing dishes by hand. Then let dishes air-dry to save even more!

~ **Fill up the fridge** - Having lots of food in your fridge keeps it from warming up too fast when the door is open. So your fridge doesn't have to work as hard to stay cool.



NCBC Gulfport Commissary

**Case Lot Sale!
May 27-28!**

GULF COAST USO



901 CBC 3rd Street
Building 114
228-575-5224



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

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

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

CENTER NOTES

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

SOCIAL

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

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held weekly on Wednesdays at noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at natashia.handley@navy.mil or Vice President, BUCN Miller at tariqah.miller@navy.mil for info.

VFW Post 3937 Long Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday

of the month at 7 p.m. New members are always welcome. Contact Post 3937 at 228-863-8602 for details.

Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol 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 information.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62alumni.org>.

D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

Navy Seabee Veterans of America (NSVA)

Island X-1 - 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.seabeesmuseum-store.org or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

Moving? Mailing packages? Need a box? Visit the Recycling Center, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!

From **MOVE** page 4

Members will submit shipment applications in the DPS, while also providing a copy of PCS orders and all other required documents to the applicable local counseling office. These documents must be provided a minimum of three weeks prior to the desired pack-out date and are required before any action can be taken on an application.

"It is critical that service members do not cut their leases and move out of their current housing without first receiving confirmation of their move-out date," said McGlennon.

The transportation service provider (TSP), or moving company, will call to conduct a pre-move survey

over the phone. Final pack and pick-up dates are not confirmed until the conclusion of the pre-move survey.

Be flexible when arranging your dates for packing, pick-up and delivery. Often during the summer months local moving companies are operating at capacity and sometimes a first choice of moving dates cannot be accommodated. Keep in mind although all efforts will be made to meet agreed upon dates, mechanical failures, natural disasters or other delays can affect scheduled pick-ups.

Required delivery dates must be realistic, allowing for transit time and can be negotiated with the TSP. Be sure to document in writing agreed upon dates if they



are other than the originally scheduled move dates.

Immediately notify the local personal property office should any unforeseen issues arise.

For those packing light, consider performing a personally procured move (PPM). Eligible service members may be paid up to 95 percent of the government's cost for performing a similar TSP-executed move.

Consider purging unnecessary personal property and household goods items

to avoid exceeding your authorized weight entitlement. Members exceeding their entitlements are subject to excess costs recovery or paying out of pocket for the weight above the entitlement.

If you have household goods in storage, remember to contact your servicing personal property office with the desired disposition of your storage.

And finally, upon completion of your move, go into DPS to complete a customer satisfaction survey. Your survey score has a direct impact on the shipments the moving company will receive in the future.

"We have special tips and videos, FAQs, links to articles and other helpful tools specific to Navy

members' responsibilities available on our NAVSUP Household Goods links website (<https://www.navsup.navy.mil/household/link>)," said McGlennon. "Household goods moves are truly a team effort and we are working hard to move the fleet during this critical time in our Sailors' and their families' lives."

Sailors may submit questions via email to householdgoods@navy.mil or call 1-855-HHG-MOVE (1-855-444-6683).

Navy Household Goods is also on Facebook at <http://www.facebook.com/navyhhg/>; YouTube at <http://www.youtube.com/navyhhg/>; Twitter at www.twitter.com/navyhhg/ and Pinterest at www.pinterest.com/navyhhg/.