

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

May 5, 2016

Soap suds fly as the 'Bee comes clean for NMCRS



The Bee Wash Team for the Navy-Marine Corps Relief Society (NMCRS) Active Duty Fund Drive 2016 put their best efforts into scrubbing the big Bee during the annual fund raiser on board Naval Construction Battalion Center (NCBC) Gulfport, May 5. The Seabee Center raised approximately \$2,500 for the NMCRS by voting for people to be part of the Bee Wash team. Congratulations to this year's Bee Washers: Lt. Cmdr. Lakeeva Gunderson, Senior Chief Master-At-Arms Danielle Metz, Capt. Lore Aguayo, Cmdr. Kemit Spears and Janet Odenthal. Since 1904, the

Society has provided financial assistance and education, as well as other programs and services, to members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors. There's still time to sign up for the next NMCRS fund raiser - the 12th Annual Run for Relief 5K and Military Challenge which will take place at 8 a.m. May 14 at Run N Tri in Gulfport. Military team and individual awards will be presented at the event. Visit RACESONLINE.com for more information and to sign up! (U.S. Navy photo by Rob Mims/Released)

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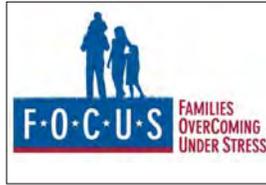
FOCUS: May Tip of the Month

By Families Overcoming Under Stress (FOCUS)

May is *National Military Spouses Appreciation Month!* How do you acknowledge the strengths in your spouse? Have you taken the time to appreciate your spouse recently? How would you feel if a note with loving words were waiting for you at home? Perhaps you show support through tasks or physical touch? Perhaps you would you like to be that supportive spouse?

Through FOCUS' fun and engaging atmosphere, we teach strength-based communication skills that couples and families can use to show appreciation for each other and to enhance their unit cohesion.

FOCUS (Families Over Coming Under Stress) is a resiliency-building program of the Department of Defense (DoD). It is confidential and designed for military couples and families facing the multiple challenges of combat operational stress during wartime. FOCUS promotes family strengths and supports couples and parents to help manage the



challenges of military life. Through the sharing of perspectives, families make meaning together and thereby grow in unit cohesion, mutual care, and effective communication. In the context of their unique stories, couples and families learn and practice key skills to enhance communication, problem solving, goal setting and overall family resilience. Making meaning as a family unit as well as enhancing resiliency skills have been shown significantly to increase a family or couple's ability to handle military and life stressors more effectively.

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

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

DLA Energy Military Fuel Station down for repairs May 3 - 20: If repairs are completed early, an announcement will be made.

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

Storm Water Pollution Prevention is Everybody's Business



Report illicit discharges to:
NCBC Environmental, 228-871-2373

'BEE INFORMED
DOWNLOAD SEABEE MOBILE 3.0

Register to Vote!
To register to vote, visit FVAP.gov now to complete a registration application and request your absentee ballots for the presidential preference primaries (P) and State primaries (S). It only takes a few quick steps to make sure your vote is counted no matter where you are in the world. To register and request your ballots, complete the Federal Post Card Application (FPCA) using the FPCA online assistant (fvap.gov/military-voter/registration-ballots), or fill out the PDF (fvap.gov/uploads/FVAP/Forms/fpca2013.pdf), or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office. The Voting Officer for NCBC Gulfport is Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.

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.



Capt. Cheryl M. Hansen, commanding officer of NCBC Gulfport joins Fleet and Family Support Center (FFSC) Gulfport Family Advocacy employees during an awareness activity on board Naval Construction Battalion Center Gulfport, April 26. Family Advocacy is offering free hot dogs, chips, and water to everyone passing by in support of Child Abuse Awareness Month. For information on Fleet and Family Support Center programs, please call the FFSC at 228-871-3000. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Naval Construction Battalion Center (NCBC) Executive Officer Cmdr. Anthony Conley, congratulates MWR Sports Coordinator Michael McLaughlin on his selection as NCBC Senior Civilian of the Year, April 12. Be sure to stop over at the Fitness Center to congratulate him! (U.S. Navy photo courtesy of MWR/Released)



Sailors attached to Naval Mobile Construction Battalion (NMCB) 1 participate in a Physical Readiness Test (PRT) on board Naval Construction Battalion Center Gulfport, April 27. The PRT is a standard Navy fitness test consisting of push-ups, curl-ups, and a 1.5 mile run. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

In honor of Month of the Military Child and Child Abuse Prevention Month, Fleet and Family Support Center teamed up with Lynn Meadows Discover Center to hold a free night of fun during "Navy Night," April 23. All Navy, Coast Guard and Marine Corps families were offered free food, fun and entertainment. (U.S. Navy photo courtesy of Fleet and Family Support Center/Released)



101 CRITICAL DAYS OF SUMMER SAFETY STAND DOWN



Civilian and military personnel with Naval Construction Battalion Center (NCBC) Gulfport attended the 101 Critical Days of Summer Safety Stand Down arranged by CBC Safety at the Grinder on board NCBC, April 29. The stand down covered topics such as water safety, summer noise hazards, energy tips, environmental conservation, heat stress prevention,

weapon safety, fireworks and summer hazards, alcohol awareness, anger management, flu shots and disaster preparedness. Upon completion of the stand down, everyone sat down for a barbecue picnic lunch and a farewell roast for NCBC Executive Officer, Cmdr. Anthony Conley. (U.S. Navy photos by Builder Constructionman Samantha Opyoke/Released)

Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

How do you celebrate Mother's Day?



"I always send my mother flowers and give her a call on Skype."

SW1(SCW) Bryan Long
NMCB 1



"I call my aunt and send her a gift."

CEEN(SCW) Latricia Thomas
NMCB 1



"I send my mom chocolates and call her to see how she's doing."

CM3(SCW) Travis Richards
NMCB 1

Dear Military Child: You're a Global Citizen

By **Deja Fisher**
Special Contributor



The conversation I had with my best friend served as a major turning point for me. Before, I had spent my days hating my life as a military dependent, because I felt that it kept me from having a "normal" personal life. After, I started to appreciate the opportunities my lifestyle provided me – the biggest of which being a college education.

I thoroughly read through the websites of the universities I wanted to attend when it came time for me to start applying for college. While each university had its differences, the one thing they all had in common was that they were searching for students who had the potential to be global citizens. Because I had never heard the term "global citizen," I did some research. First, I looked into characteristics. "Critical thinker? Check. Problem solver? Check. Skills with technology? Duh! I am a millennial," I thought. Reading through the first three characteristics made me think that "global citizen" was just a fancy term for "anyone with a diploma," but then I continued reading.

The second half of the article talked about how, through travel, global citizens acquire cross-cultural awareness, adaptability and interpersonal communication skills. "Through travel?" I asked myself. "I already am a global citizen!"

Thanks to my life as a military dependent I was already equipped with the characteristics I needed. Living in so many foreign countries exposed me to the ways in which cultural barriers

are broken so that nations can collaborate with one another. For example, I lived on an American base in Japan and because Japan was my host country I had to learn the culture so that I could peacefully coexist with the Japanese. The more I learned about the Japanese culture, the more I was able to adjust and the more I was able to adjust, the more

I was able to interact with the Japanese. That is where my cross-cultural awareness and adaptability skills came from. Whenever I was lost on the train I would ask a Japanese person for help. I could not fluently speak the language so I had to use non-verbal cues to get my message across. That is how my interpersonal communication skills became sharp.

Knowing what it took to be a global citizen – and knowing that I already was one – helped me to finish my college applications with confidence. I used my application essays to describe why I would be each university's ideal student. I wrote about my experiences as a military child and how those experiences shaped me into the global citizen they were looking to admit. When I clicked the submit button all I could do was hope that my experiences were enough.

A few weeks passed before the acceptance letters came pouring in and when they came, all I could do was cry tears of joy. I was grateful for my life as a military dependent, because it made me a global citizen and prepared me for my life as a college student.

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.

Seabees around the World



Left: SOUDA BAY, Greece - Cmdr. Miguel Dieguez, left, commanding officer of Naval Mobile Construction Battalion (NMCB) 133, speaks with Steelworker (Diver) 1st Class Franklyn Tamarez, assigned to Underwater Construction Team One as he prepares for a casualty drill. Middle: Seabees assigned to Underwater Construction Team One con-

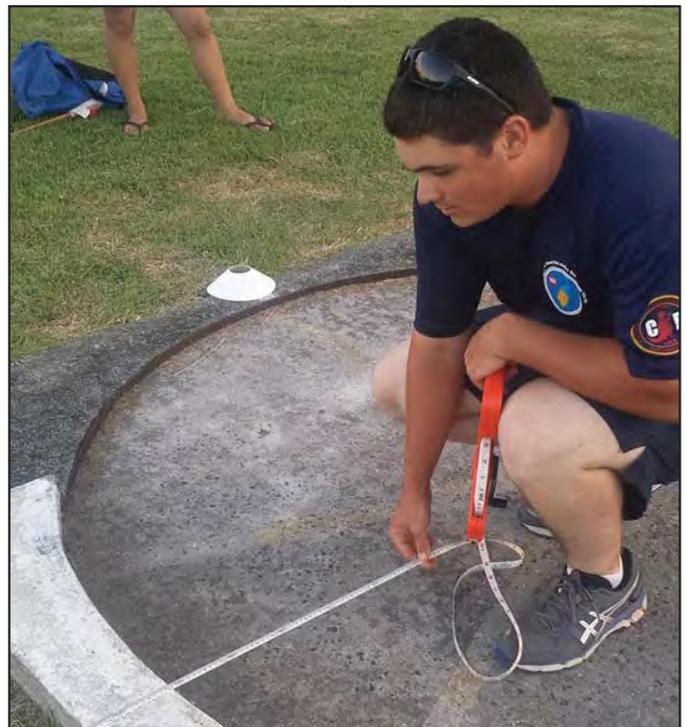


duct safety checks prior to a casualty drill. Right: Command Master Chief Eric Carpenter, left, speaks with Steelworker (Diver) 1st Class Jacob Scarlett assigned to Underwater Construction Team One during a site visit. (U.S. Navy photos by Mass Communications Specialist 2nd Class Brittney Cannady/Released)



Anthony Adelbai, left, from Palau's Environmental Quality Protection Board, and Utilitiesman 2nd Class Patrick Wilbourn, assigned to NMCB 133 Civic Action Team (CAT) Palau, sample water treated by the Seabees for use in drought response efforts. U.S. Navy photo by Construction Electrician 3rd Class Emily

Lt. Genevieve Pike, right, assigned to NMCB 133 Civic Action Team (CAT) Palau, awards the Apprentice of the Month to Medic Apprentice Lili Ake-mij. CAT Palau fosters relationships between the United States and Palau through community construction projects and by training local apprentices in the construction trades. Upon completion of their apprenticeship, graduates receive a U.S. certification. (U.S. Navy photo by Builder 1st Class Jesse Dupin/Released)



KOROR, Palau - Equipment Operator 3rd Class Kyle Dubay, assigned to NMCB 133 Civic Action Team (CAT) Palau, measures distance for a shot put event during a local high school track meet. (U.S. Navy photo by Lt. Genevieve Pike/Released)

BRING IT!

Safely dispose of your household waste

May 7, 8 a.m. – 1 p.m.

Mississippi Power's Plant Watson, Cowan-Lorraine Road, Gulfport

Mississippi Power and Harrison County invite you to BRING IT, an annual event for Harrison County residents to dispose of hazardous household products in an environmentally friendly way. Disposing of items properly can help keep your family and our community safe and clean. Check your home to see if you have any of the following items that need to be safely discarded and BRING IT!

Accepted items: Antifreeze, batteries, brake fluid, cell phones, computers, computer cables, all purpose cleans, copy and fax machines, detergents, drain opener, herbicides, insecticides,

motor oil, oil filters, furniture polish, gaming equipment, oven cleaner, paint thinner, pesticides, silver polish, telephones, televisions, rug and upholstery cleaner, household electronic waste, turpentine, varnish, VCRs, water seal, wood finish, transmission fluid, used tires (limit 5), exterior and interior paint, white goods (appliances).

Unaccepted items: Explosive or radioactive material, asbestos, furniture, medical waste, PCBs, syringes, prescription drugs, ammunition, non-residential waste.

For more information, call 228-214-1405.

NCBC Security Reminder: All pets must be properly secured, both for the safety of the pet and other installation personnel prior to the approach of any Entry Control Point/Access Point. Pets will not ride in the bed of trucks or roam the interior of a moving vehicle while driving aboard NCBC, Gulfport.

12th Annual Run for Relief 5K and

Military Challenge

May 14, 8 a.m.

Run N Tri Gulfport



Military Team and Individual Awards

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

Seabee construction builds partnerships in 'Komodo 2016'

By CE3(SCW) Santiago Guzman Jr.
NMCB 4 Public Affairs

SIPURA ISLAND, INDONESIA – Seabees assigned to U.S. Naval Mobile Construction Battalion (NMCB) 4 conducted an Engineering Civic Action Project (ENCAP) with engineers from four Asia-Pacific partner nations in the 2nd Multilateral Naval Exercise Komodo, March 26 - April 16.

Komodo is a multilateral naval exercise hosted by the Indonesian Armed Forces, Tentara Nasional Indonesia-Angatan Laut (TNI-AL). First organized in 2014, this year marks the first time U.S. engineering forces participated in the events. This exercise focuses on maritime peacekeeping and strengthening naval partnerships across the Pacific. This year, 35 countries participated in fleet, medical and engineering cooperation scenarios.

As the only U.S. engineering forces on the ground, NMCB 4 had the opportunity to interact with military engineers from multiple countries.

"Komodo is about building partnerships, capabilities and interoperability between our partners," said NMCB 4 Detail Komodo Officer in Charge, Construction Electrician 1st Class Bryan Pelangka. "The amazing part was you could see the teamwork being built right in front of you."

The NMCB 4 team left their mark in Indonesia by improving the Tua Pejat Road from a dirt road to a concrete road alongside their engineering counterparts. The reconstruction of the 500-meter road helped strengthen the multi-national relationship and directly improved social and economic growth on the

island. In a region with prolonged rainy seasons, the improved road enables over 1,000 local families year-round access to community services, schools and a regional medical clinic.

"Meeting the medical staff from other countries and learning how they treat and react to casualties on job sites was something different for me," said Hospital Corpsman 1st Class Kalin Verhelst. "I was able to relate to and learn how a different Navy handles minor procedures and what their capabilities are outside of a hospital. Overall, it was a unique and eye-opening experience."

NMCB 4 and their engineering counterparts outpaced their planned schedule, demonstrating harmony and morale in their joint work ethics to complete the project. Construction Mechanic 3rd Class Jeremy Colbert said the three-week project built not only a partnership but memories the Seabees will not forget.

"Even though our construction means vary, we quickly learned that we have a lot more in common than not," said Colbert. "Exchanging construction and cultural knowledge with them is something I will take with me the rest of my naval career and I hope I get the chance to work with them again in the future."

The project came to an end with the closing ceremony April 16, which included each nation marching together in a 'Pass in Review' and a demonstration parachute jump by the Indonesian Marine Parachute Team. The keynote speaker, Assistant Chief of Naval Staff Indonesian Navy for Operations, Rear Adm. Ary Atmaja, addressed the importance of team building exercises and expressed his gratefulness for the participation and cooperation of all nations.



Above: Construction Mechanic 1st Class Jose Medel, assigned to Naval Mobile Construction Battalion (NMCB) 4 talks with students from a local school house on Sipura Island, Indonesia during the 2nd Multilateral Naval Exercise Komodo, April 11. Below: Seabees assigned to NMCB 4 work with engineers from four Asia-Pacific partner nations to reconstruct a 500-meter road on Sipura Island, Indonesia during the 2nd Multilateral Naval Exercise Komodo. (U.S. Navy photos by Construction Electrician 3rd Class Santiago Guzman Jr./Released)



May 5, 2016

Back in Time: Seabee History

May 1

1966: NMCB 4 at Chu Lai, Republic of Vietnam (RVN), began hiring and training of local Vietnamese laborers in the trades of carpenter, riggers, welder, mason, and automotive mechanics.

1971: Headquarters of the 32nd NCB was moved from Vietnam to Roosevelt Road, Puerto Rico.

May 2

1968: Cmdr. W.K. Hartell, Civil Engineer Corps (CEC), took command of the Seabee camp at Quang Tri Combat Base, RVN.

2004: A mortar attack at Camp Ramadi, Al-Ramadi, Al Anbar Province, Iraq killed five members of NMCB 14, one U.S. Army soldier, and wounded 28 other personnel who had assembled in a vehicle parking and maintenance area to allow visiting Rear Admiral Charles Kubic, commander, First Naval Construction Division, to inspect damaged vehicles and talk with the assembled personnel. This represented the deadliest day for the

Seabees since the Vietnam War.

May 3

1967: The first flight of NMCB 3's advance party departed Port Hueneme, California in C-118's for Phu Bai, RVN.

May 4

1967: Seabee Team 1109 arrived on site at Chiang Kham, Changwat Chiang Rai, North Thailand, to relieve Seabee Team 0909.

May 5

1968: The first increment of NMCB 1's advance party of 76 personnel deployed via C-141 aircraft from Davisville, Rhode Island to Da Nang, RVN.

1969: Seabee Team 0410 moved from the Construction Battalion Center (CBC), Port Hueneme, California, where they were in training, to Vietnam beginning their eight month deployment. The team arrived in Saigon on May 5, 1969.

May 6

1968: The main body of NMCB 11 deployed from CBC, Port Huen-



Construction Battalion Maintenance Unit (CBMU) 301 working at Khe Sahn, Republic of Vietnam in 1968. (Photo courtesy of U.S. Navy Seabee Museum)

eme, California to Quang Tri, RVN.

May 7

1965: Assisted by Amphibious Construction Battalion (ACB) 1 manning pontoon causeways, NMCB 10 landed on the beaches at Chu Lai, RVN, together with U.S. Marine units. The landing was the

first deployment of a full Seabee battalion to Vietnam. NMCB 10 commenced construction of the Chu Lai expeditionary airfield and advance base.

1968: NMCB 10 main body departed Quang Tri, RVN for CONUS.

Seabee Courier

Focus on Education

Education Notes

Creative Wardrobes on a Budget

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

Military Spouse Career Fair

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

Career Technical Training Workshop - Fleet and Family Support Center (FFSC) will host a Career Technical Training course for military retirees and separating members with an interest in a career, trade or technical field from 8 a.m. - 3 p.m., May 18-19 at FFSC. This course will be facilitated by the Department of Veterans Affairs. Spouses of eligible transitioning service members are welcome and encouraged to attend. Call FFSC at 228-871-300 to register.

Refine Your Image Workshop

Fleet and Family Support Center (FFSC) is sponsoring this course May 21,

11:30 a.m. - 1:30 p.m. at FFSC. Professional Image Consultant Brenda Blount will teach students how to refine their personal and professional images. The focus will be on dress, presentation, speech and interaction. Please call FFSC, 228-871-3000, **no later than May 12** to sign up. No cost child care is available for the workshop through the Child Development Center's "Give Parents a Break" program. **Contact the CDC by May 12** at 228-871-2323 to register for child care. Everyone with authorized access to NCBC Gulfport is invited.

FREE College Credit!

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

Languages: Spanish, French, or German
Science and Mathematics: College Algebra

Business: Principles of Management or Principles of Marketing
History and Social Sciences: History of the US, Introductory Psychology or Principles of Microeconomics

Composition and Literature: College Composition w/Essay, Humanities, or Analyzing and Interpreting Literature. Just visit the Navy College Office in Building 60 or call the Coastline Representative, Foster Flint at (228) 327-4817.

'New to Navy' mobile app upgraded

From Navy Personnel Command Public Affairs

The "New to the Navy" mobile application is a one-stop resource for answers to many of the frequently asked pay and personnel questions Sailors may have, and now it's even better.

On April 29, the Navy updated the app providing more in-depth information, streamlining content location, and making overall performance improvements.

Information additions include a new tab category "Links and References," which contains information and links Legal Services and Voluntary Education (VOLED). The Legal Ser-

vices section covers the types of legal assistance and support the Judge Advocate General provides, such as wills, notary, etc. The VOLED section provides links to the Navy College Program website, the Web Tuition Assistance site, and much more. The update also adds pertinent information for reserve pay and personnel content.

Additional new content consists of updated checklists and content changes. There is a section for Sailors to know what to do when they want to get married while on leave, and what to do when they're getting ready to move to a new command. There are

also updates to the list of the Navy's common terms and acronyms to help new Sailors and family members learn to navigate the service's alphabet soup.

The application is available now on all mobile platforms via their respective application stores:

Apple: <https://itunes.apple.com/us/app/opsec/id1031272509?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.tracen.newtothenavyguide&hl=en>

For more information about Pay and Personnel Support visit <http://www.public.navy.mil/bupers-npc/support/paypers/Pages/default2.aspx>.



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 Childs' 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

ABOUT PAVE
Our **MISSION** is to provide support, advocacy, training and informational resources to empower families and individuals with disabilities. To learn more visit us online at wapave.org.

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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Mother's Day: A cautionary tale

I started dropping non-so-subtle hints last week.

"You DO know that Mother's Day is coming, don't you?" I said rather loudly to my husband, Francis.

"Yeah," he replied defensively, "what about it?"

"Don't you remember what happened last year?" I could tell from his blank stare that Francis was thinking about peanuts, or Greco-Roman wrestling, or "Deadliest Catch," because he had no clue what I was talking about.

It was Sunday morning, May 10, 2015, and I was the first one awake. Surprised that no one in my family had brought me with a cup of coffee, I thought, "Surely they've got something planned for Mother's Day."

When I woke our teens for church, they were particularly grumpy. "Seriously?" Anna sassed, "I never get to sleep in!" In protest, Lilly hopped into the minivan wearing a ratty pair of jeans and flip flops.

Late, as usual, we slipped into a side pew during the first reading. Francis yawned during the gospel, Anna wouldn't hold

my hand during the "Our Father," and no one but me sang the hymns. I would normally be annoyed, but I figured they were just pretending to be lazy, disrespectful and negligent, because then I'd be really surprised when they revealed their fabulous Mother's Day plans.

"Go in peace, the mass has ended," Father Kris said, adding, "And Happy Mother's Day!"

I was halfway down the aisle before I realized that my family was still in the pew, whispering to each other. "Oh, this is going to be fun," I thought.

Francis drove us to La Forge, a locals' favorite brunch spot. "Do you have reservations, Sir? We're all booked up," the host said politely. After exploring a few more dead ends, we got a mixed dozen in the Dunkin' Donuts Drive Thru and headed home, Francis promising that something special was in store.

Francis and the kids darted into the house, presumably to get ready for those fabulous Mother's Day plans, and I sat in our sunny back yard to get out



of their way.

Suddenly, Francis, who didn't see me in the backyard, rushed out to the minivan, the tires squealing as he drove away. Fifteen minutes later he was back, and as he ran past the backyard gate, he saw me sitting there.

In his hands were a 7-11 plastic bag that appeared to be holding a greeting card, and a cellophane cone wrapped around a sad-looking bouquet. From the look in his eyes, I knew the truth.

My family had completely forgotten about Mother's Day.

If that weren't bad enough, Francis had bought me something he knows I don't like: cut flowers. When the kids were young,

I loved the sticky bunches of dandelions they'd pick for me out of our backyard. I was so proud of their thoughtfulness, and I'd place the oozing stems in a little jelly jar in the center of our kitchen table. But I have never liked cut flowers bought from the store, and my family has known this for years.

Seeing Francis sneaking in the house, something snapped. Mothers work tirelessly and selflessly to raise kids and create a home for their families. Many, like me, put their careers aside, giving up all aspirations for professional rewards and respect, to dedicate themselves to their families. This is the one day when mom should expect a pat on the back.

Determined that my family would not "get the check in the box," I calmly walked into the house, called everyone into the kitchen and announced, "Mother's Day is hereby cancelled."

Thanks to the year-long guilt trip I put them on, I'm fairly confident that my family will have a fabulous day planned for me this year.

More not-so-subtle hints: Bring me a cup of coffee without spilling it on the staircase. Make your beds without griping. Let's go to church on time for once, and at least pretend to sing the hymns. Find a sunny spot for a family picnic, without anyone complaining that someone else took the last bag of ranch Doritos. Later, the kids can cook something for dinner that doesn't have chocolate chips, and clean up without suctioning each other with the Shop Vac. And lastly, a thoughtful homemade card with personal sentiments would be nice, instead of "Have a good Mother's Day - Hayden Molinari."

And if you must get flowers, I prefer dandelions.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

Energy Savings Tip:

Check Your Windows

The electricity usage in your home is affected by the type of windows you have.

Whether you would like to replace or keep your current windows, you have options.

Use blinds or curtains with a white exterior side during the summer to reduce solar heat gain by up to 50 percent. Sunlight can increase the demand on your air

conditioner by as much as 30 percent.

Install awnings over windows to reduce the amount of heat transferred from sunlight.

Buy windows with the ENERGY STAR® label when you're renovating your home. ENERGY STAR® windows reduce heat gain or loss by as much as 70 percent.*

Apply reflective film or solar screens to existing windows during the sum-

mer to reduce the amount of electricity used to cool your home. Solar screens are effective at stopping solar heat before it gets into your home.

Replace your single-pane, clear windows with double-pane windows. Single-pane, clear windows are poor insulators and allow heat from the sun to transfer into a house. This forces your air conditioning system to work harder to compensate for the heat.



Seal your windows with caulk or weather stripping to reduce air leaks and help maintain the desired temperature in your home year-round.

NEX PET EVENT May 14

Best dressed: 11 - noon
Cutest pet: Noon - 1 p.m.
Prizes for Winners!
Come check out the great deals we have for pets and pet parents! You don't want to miss this!



MAY 6-12



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

FUN IN THE SUN POOL SERIES

11:30a -12p
May 11
June 15
July 20
Aug 17

Free for All Hands
Fitness Center Pool
Beat the heat with a circuit style workout
Questions? Call 228-871-2668

NAVY RECREATION

Paint 'n Sip \$35
Friday, May 13 6-8pm

Paint. Sip. Party.

PREREGISTER AT THE TICKET & TOURS OFFICE BY MAY 11
OPEN TO ALL HANDS

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

Memorial Day Weekend
MAY 27-30

Atlanta Trip

CALL IT FOR PRICING!

Includes Transportation, Lodging, Breakfast & Admission Tickets

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

NAVY RECREATION

SEABEE CINEMA

Regular movie showings Friday Sunday of every week!

Showing this weekend: Barbershop: The Next Cut (PG-13); The Boss (R); Batman v. Superman: Dawn of Justice (PG-13); Zootopia (PG)

FREE MOTHER'S DAY SHOWING OF ZOOTOPIA AT 2 PM MAY 8TH!

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

Pick up our **NEW MOVIE SCHEDULE TODAY!**

LIBERTY
NAVAL CONSTRUCTION BATTALION CENTER
★ GULFPORT, MISSISSIPPI ★

5/7 - 10 a.m., Gulf Coast Air Boat Ride, \$23
5/8 -All Day, Zombie Movie Event, Free Popcorn
5/9 - 6 p.m., Food for Thought!
5/10 - 6 p.m., Tournament Tuesday: Dominos, 1st Place Prize
5/11 - 6 p.m., DIY Wednesday, Free Popcorn & Koolaid!
5/12 - 6 p.m., Liberty on Wheels @ Bldg 460
Call 228-871-4684 for more information

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

SEABEE CINEMA

GIVEAWAY
ENTER FOR THE CHANCE TO WIN!
JUST TAKE OUR SURVEY!

ONLY ELIGIBLE MWR PATRONS CAN WIN

MWR Program Telephone Numbers

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

May 5, 2016

Seabee Courier

NCBC Helping Hands

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

D'IBERVILLE HIGH SCHOOL - Volunteers are needed to help D'Iberville High School with state testing May 9-10. To volunteer, please contact Gracie King at 228-860-2762 or email gking@harrison.k12.ms.us.

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

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@cableone.net.

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

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are

passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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

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

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

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

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

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

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

May 5, 2016

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.



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

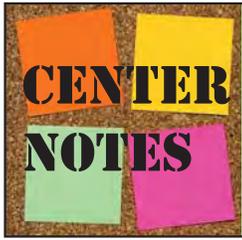
Thursday

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



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

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

O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

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

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

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

SOCIAL

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

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

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

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

of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in VA Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Feters, President at 228-832-4893 or email cfeters@cableone.net for more information.
VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for information.

NMCB 62 Alumni Group

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

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

Navy Seabee Veterans of America (NSVA)

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

HERITAGE

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

Motorcycle Safety Awareness Month



From NCBC Safety

May is motorcycle safety awareness month. The National Highway Traffic Safety Administration and the Naval Safety Center want to take this time to remind everyone that with warmer weather on the way more motorcycles will be on the roads.

All drivers are asked to please share the road and look twice for motorcycles. Because of their smaller size compared to other vehicles they are often difficult to distinguish in traffic and appear to be farther away than they actually are. This misperception has led to more than a few

cars pulling out in front of motorcycles.

So far in FY-16, the Navy has experienced 6 motorcycle deaths. This is up from 5 deaths incurred during the same time frame in FY-15. The Marine Corps has experienced 4 motorcycle deaths through this same time period, which is down by 50 percent (8) from the same period in FY-15.

Most mishaps occur with rides under the age of 27. The under age 25 group is usually riding sport bikes and wearing all protective gear, but they are riding above their abilities and pushing their machines' capabilities.

Commands need to ensure military riders take the mandated motorcycle safety training, and that commands have an established motorcycle mentorship program in place.

Commander, Navy Installations has a contractor to assist in this training effort. Each major installation has rider coaches available to provide training. There is no need to postpone training with the number of rider coaches now available. Contact your local installation safety office to obtain information on available courses.

Command Motorcycle Safety Representatives (MSRs), need to be more

involved in rider mentoring and the riding process to include ensuring riders wear all their protective gear.

Motorcycle riders cannot be supervised at all times but command leadership involvement can exercise prudent measures to ensure their personnel know and comply with all motorcycle safety requirements.

Command MSRs need to share the information from the NAVSAFECEN weekly Rider Down reports, and visit the web links below for additional information where you will find posters, infographics, talking points, tips and other mo-

torcycle safety information:

- <http://www.nhtsa.gov/safety/motorcycles>
- <http://www.traffic-safetymarketing.gov/sharetheroad>
- <http://exchange.aaa.com/safety/motorcycle-safety/#.vjkwrp-f3xg>

Remember, there is no such thing as a fender-bender for a motorcycle rider. They are completely exposed. Together we can reduce needless mishaps and safely share the road.

For comments or questions please contact the Naval Safety Center Traffic and Recreation, Off-Duty Safety Division at 757-444-3520 Ext. 7842.