

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 56 No. 09

Naval Construction Battalion Center, Gulfport, Mississippi

March 3, 2016

Happy Birthday Seabees! Established March 5, 1942!

NMCB 133 Seabees support exercise Foal Eagle 2016



Seabees, assigned to Naval Mobile Construction Battalion (NMCB) 133, embark gear aboard Military Sealift Command large, medium-speed roll-on/roll-off ship USNS Soderman (T-AKR 317) for exercise Foal Eagle 2016 at Naval Base Guam, Feb. 24. Foal Eagle is a series of joint and combined field training exercises conducted by the Republic of Korea (ROK)-U.S. Combined Forces Command (CFC) and U.S. Forces Korea (USFK) component commands spanning ground, air, naval and special operations, which demonstrate U.S. commitment to the ROK and U.S. supporting forces. NMCB 133 provides expeditionary construction and engineering (combat service support) to

include horizontal and vertical construction; maintenance and operation of expeditionary bases and facilities; tactical sustainment bridging, humanitarian assistance through Construction Civic Action Details (CCAD) and Civic Action Teams (CAT) and theater disaster response capabilities. NMCB 133 is assigned to Commander, Task Force (CTF) 75, the primary expeditionary task force responsible for the planning and execution of coastal riverine operations, explosive ordnance disposal, diving engineering and construction and underwater construction in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 1st Class Ace Rheume/Released)

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 NOOP, Gulfport, MS 39501. Phone, 228-871-3662, email: seabecourier@navy.mil.

Did You Know?

As Commanding Officer of NCBC, I am always interested in hearing ideas about how we can improve. If you have questions or comments about the services we provide, I would like for you to send those to me via the Public Affairs Officer at ncbc_gpt_@navy.mil.

Contact information is not required, but if you would like for someone to get back in touch with you on your comment, please provide a phone number and email address.

Capt. Cheryl Hansen, CO, NCBC Gulfport

Q: Why have the gate guards confiscated retiree ID cards that have Social Security numbers (SSN) on them?

A: Did you know that installation security personnel do not have the authority or direction to confiscate ID cards with valid social security numbers on them? Cards may only be confiscated in accordance with DODI 1000.13. These cards are still valid and will not arbitrarily be replaced by RAPIDS just because they contain a SSN.

Q: Is a retiree ID card not supposed to have SSN?

A: Did you know direction was given by the Department of Defense in 2010 to remove SSN

from ID cards; however, retirees ID cards with SSNs on them are still valid.

Q: Does the Personnel Support Detachment replace retiree ID cards with SSNs on them?

A: Did you know that retirees must be within 30 days of expiration to receive a new "non SSN" card or at any time if expiration is indicated as "indefinite."

Q: Can anything be done about the temperature in buildings on base?

A: Did you know that thermostat settings are set for heating to 68F in the winter and cooling

to 78F in the summer according to the Commander Installation Command Energy Policy and Operations Plan? To create additional utility savings, thermostats are "set-back" between 5 p.m. and 6 a.m. daily, and on weekends. Some exceptions have been granted for barracks and Reserve Drill Weekends.

Q: When will the new base clinic be open for business?

A: Did you know that unfortunately the original contractor was removed from the project due to performance issues? A plan is being formulated to complete the clinic as originally designed; however, it could take as long as 18 months to complete barring any formidable delays.

FOCUS: March Tip of the Month

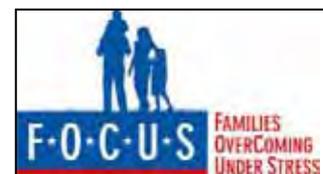
From Families Over Coming Under Stress (FOCUS)

It takes more than the luck of a four-leaf clover to smoothly manage the challenges of military life. How does your family deal with conflict and stress? Come into FOCUS to learn coping skills that will help you stay in the

"Green" throughout these challenges. What's the "Green," you say? Come to FOCUS and learn all about it!

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

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



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.Safe-Helpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.



The Harrison County Sheriff's department, along with 10 other prospective employers, was represented at the monthly Career Fair at Fleet and Family Support Center (FFSC) on board Naval Construction Battalion Center Gulfport, Feb. 25. The representatives answered questions about their organizations and spoke with attendees about employment possibilities. The next Career Fair is scheduled for March 22, from 10 a.m. – 1 p.m., at the same location. Interested people may call the FFSC at 228-871-3000 for more information. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



The Multi-Cultural Diversity Committee presented a Black History Celebration at the Seabee Memorial Chapel on board Naval Construction Battalion Center Gulfport, Feb. 25. The program consisted of inspirational words by special guest, Mrs. Ruth Story, as well as a video and musical tribute. A luncheon was served after the program. The Diversity Committee would like to invite all who would like to be a part of the committee to attend a MCDC meeting. The meetings are held at noon every Wednesday in the conference room of Building 122 (room 204). (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Chief Builder Anthony Thibodeaux attached to Naval Mobile Construction Battalion (NMCB) 1 prepares his casting rod for a few minutes of fishing at Seabee Lake on board Naval Construction Battalion Center Gulfport, Feb. 29. Seabee Lake fishing operates as a catch and release facility and is open to everyone with base access. The recreational area features boating, picnic and pavilion areas and a playground. For more information, please contact Outdoor Recreation at 228-871-2127. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

Buzz on the Street

By BUCN Samantha Opyoke
NCBC Public Affairs

“What one new daily habit could you introduce into your life that would make a positive impact?”



Builder Constructionman Jennifer Bau
NMCB 11

“I could start running every day to get into shape for the PRT.”



Aviation Ordnanceman 1st Class Marcus Terrell
NCTC

“I would start my day reading the Bible and incorporate eating a healthy breakfast into my daily routine.”



Aviation Ordnanceman 1st Class Cesar Lopez
NCTC

“I would start bringing in a healthy lunch.”

Storm Water Pollution Prevention is Everybody's Business



**Report illicit discharges to
NCBC Environmental Office
228-871-2373**

SECNAV releases updated Diversity and Inclusion policy statement

From Chief of Naval Personnel Public Affairs

Secretary of the Navy (SECNAV) Ray Mabus issued an updated Department of the Navy Diversity and Inclusion Policy statement, Feb. 25, and met with several key military service organizations, veterans service organizations, and stakeholders at the Pentagon to discuss the topic.

The meeting was the first in a planned series of engagements during which Mabus will discuss Navy and Marine Corps issues with leaders in the civilian and military communities.

Mabus also released a short video underscoring the Navy and Marine Corps are stronger, more effective, and innovative when our workforce reflects the nation we serve.

“To recruit the people we need, to keep the people we need, we’ve got to draw from the biggest pool we can,” Mabus said in the video released today. “The United States Navy and United States Marine Corps are the most formidable expeditionary fighting force the world has ever known. To keep that, we’ve got to reach out to the most diverse population we can to recruit and retain these top people.”

The Department of the Navy last updated its Diversity and Inclusion Policy statement in 2010, and since then, the Department of Defense has made

significant personnel policy changes including the repeal of “Don’t Ask, Don’t Tell,” and rescinding the direct ground combat exclusion policy, which now allows women to serve in military occupational specialties that were previously closed to them.

“Our nation always faces new challenges and threats in an increasingly complex world,” said Mabus as part of the updated statement. “Recruiting, retaining, and promoting top performers is a readiness imperative. Organizations that embrace myriad backgrounds and perspectives will attract the best talent and remain ready.”

Mabus said the importance of having a workforce comprised of those who think differently, and have varied backgrounds cannot be overstated.

“We don’t want everyone coming into the Navy or Marine Corps thinking exactly the same way,” he said. “It’s important that when such a small number of Americans are serving in uniform, that the force be representative of the people they’re protecting. A more diverse force is a stronger force and we’ve proven that over and over and over again.”

To view the Navy’s Department of the Navy Diversity and Inclusion Policy statement and Secretary of the Navy Mabus’ video, please visit: <http://navylive.dodlive.mil/?p=35571>

VITA Tax Center
Building 60 116Z
(Rear of Building, First Floor)

HOURS OF OPERATION:
Monday, Wednesday and Friday, 8:30 a.m. - 5 p.m.
Tuesday and Thursday, 8:30 a.m. - 6 p.m.

Walk-ins are welcome Monday - Thursday
Please bring last year’s tax return, W2(s), proof of insurance and tax forms (ex. 1099)
Call: 228-871-2301 early in the day for an appointment which typically begin at 9 a.m.

Back in Time: Seabee History



Engineering Aides survey the runway at Khe Sanh, RVN prior to installing the new matting, 1967. A Naval Mobile Construction Battalion (NMCB) 10 detachment was detailed to Khe Sanh after General Walt decided to repair the field to support the Marines that had just taken over the base from US Special Forces. They were tasked to upgrade the runway, rip out the marston matting, and rebuild it with AM-2 matting. The new 3,900 ft. emergency airfield was used by cargo planes including C-123s and C-130s to support the isolated base. (Photo courtesy of U.S. Navy Seabee Museum)

Phoenix Navy Week "Shout Out" Opportunity for all Sailors from Phoenix, Arizona area

For the upcoming Phoenix Navy Week, The Navy Office of Community Outreach (NAVCO) is offering the opportunity to create and share short, recorded shout-outs (15-20 seconds) with a Navy key message for Sailors from the Phoenix area.

Deadline: March 16, 7 a.m., CDT

Instructions:

1. Call 1-855-OUR-NAVY (1-855-687-6289)
2. Wait for a 3-5 second pause after voice directions and record message, after beep, using the template script below.
3. Once you hang-up, the audio file will automatically be sent to NAVCO's email where it will be screened before being shared with radio media outlets in the Sailors' hometown.
4. Speak AUDIBLY and CLEARLY. If we cannot understand your name, hometown or command your shout-out will be unusable.

Script:

HI, I'M NAVY (RANK) (FULL NAME) FROM (HOMETOWN), (HOMESTATE) AND CURRENTLY SERVING AT (COMMAND) OR ABOARD (SHIP & HULL NUMBER). WE ARE OPERATING OUT OF (DUTY STATION) OR FORWARD IN THE (AREA OF RESPONSIBILITY) AND READY TO DEFEND AMERICA AT ALL TIMES. I WANT TO SAY HELLO TO MY FAMILY AND FRIENDS AND EVERYONE IN MY HOMETOWN OF PHOENIX. I HOPE YOU ENJOY NAVY WEEK AND REMEMBER, YOU CAN FIND OUT MORE INFORMATION ABOUT NAVY WEEK ONLINE AT OUTREACH.NAVY.MIL. GO NAVY!

NCBC Security would like to remind you that music cannot be heard more than 25 feet from your vehicle or you will be in violation of base policy.



March 3, 2016



SEABEE DAY 2016



**NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISS.**

**April 9, 2016
9 a.m. to 4 p.m.**

**Free Community Event
Open to the Public**

TINYURL.COM/CBDDAY2016



NCIS Crime Reduction Program

Sexual Assault Awareness is the focus of this quarter's NCIS Crime Reduction Program. The program will run through April which is Sexual Assault Awareness Month. The briefing covers sexual assault types, victim reporting and prevention. For more information and/or to schedule a briefing time convenient for your Command, please contact Special Agent Ashley Sippel at 228-822-5460 or email her at ashley.sippel@ncis.navy.mil.



Seabee Courier

NMCB 11 becomes the Ready Battalion

By MC1(SW) Michael C. Barton
NMCB 11 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 11 successfully completed Operation Bearing Duel, the battalion's field training exercise and final evaluation period (FTX/FEP) at Joint Training Facility Camp Shelby, Miss., Feb. 28.

Operating across 134,820-acres of the largest state-owned and operated field training center in the U.S., FTX tested the battalion's ability to enter hostile locations, build assigned construction projects and defend against enemy attacks.

"This was the best field training exercise of the 15 I've completed," said Cmdr. Jorge Cuadros, commanding officer NMCB 11. "From the safety awareness to the tactical mind-set and motivation of each and every Seabee, the conditions for success were present at all times. I couldn't be prouder of this battalion."

Seabee deployments are task-tailored and often take service members to land-locked areas not visited by the traditional seagoing Navy. Seabee missions range from digging water wells, bridges, airfield damage repair and building forward operating base.

FTX prepares the battalion using realistic scenarios and is in line with some of the most demanding training conducted in the military. Seabees manage tactical weapons systems, operate armored vehicles and employ large-load construction equipment in hostile environments.

"Communication was probably the biggest challenge during FTX," said Construction Mechanic 3rd Class Christine Petty assigned to NMCB 11. "Knowing how to react when communications goes down was the biggest key to success;

knowing when to send a runner or how to respond when things don't go to plan, because they usually don't."

Among the core competencies evaluated during FTX, command and control, communication and logistics are among the most important. The commanding officer must be able to communicate with troops as they pass intelligence, maneuver throughout the operating area and reinforce the battalion with supplies.

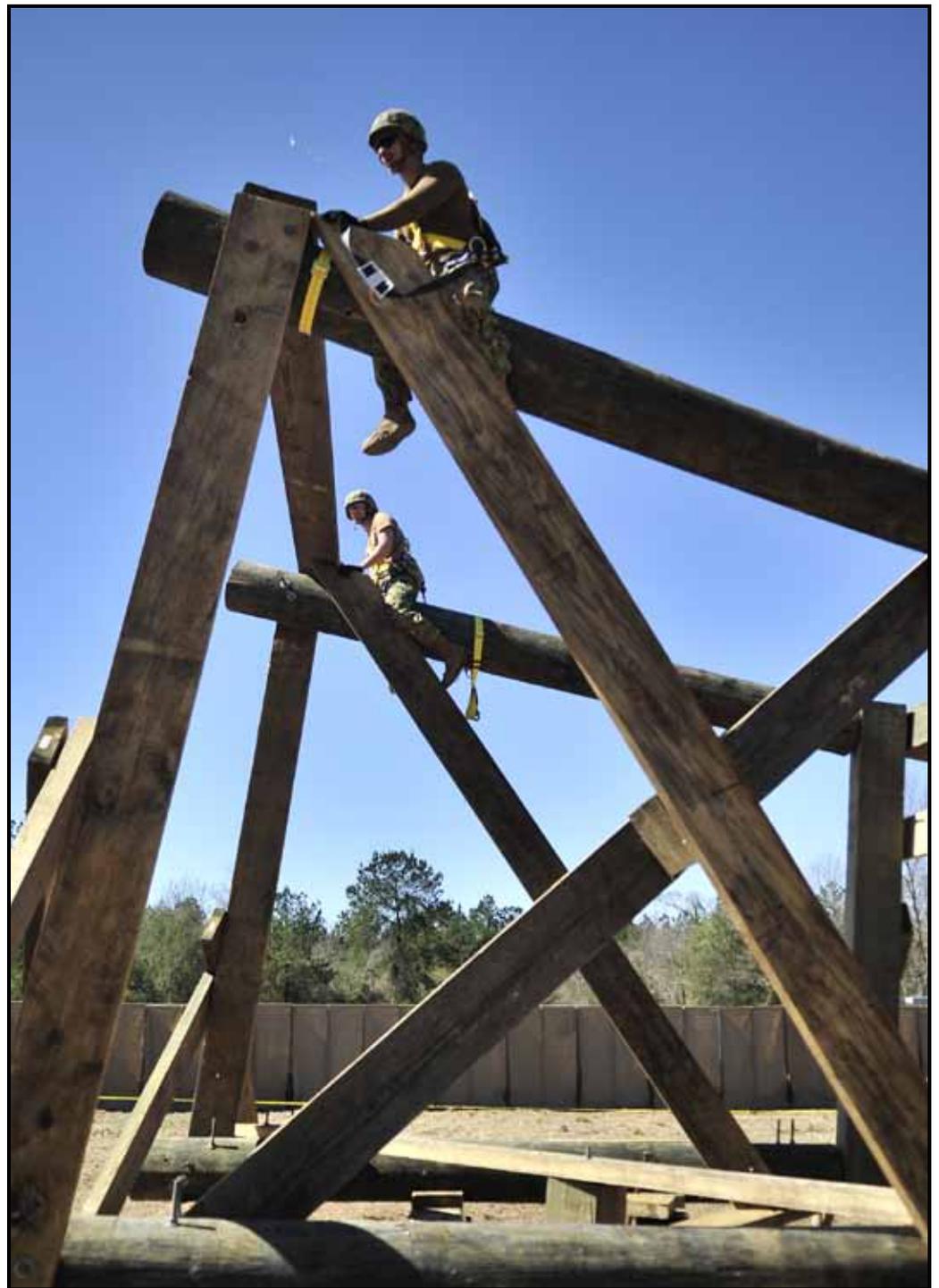
"This was the first time being a team leader on an Entry Control Point during FTX," said Equipment Operator 2nd Class Casey Rider. "There's a sharp learning curve experiencing the scenarios first hand when they are right in front of you; essentially adapt and overcome at its finest."

To ensure NMCB 11's training and evaluation was as complete as possible, Naval Construction Group Two employed "aggressors," consisting of either government contractors or active-duty service members. Using projectile-free ammunition, or blanks, they attacked NMCB 11's defensive patrols, convoys and guards standing sentry watches.

Aggressors also performed simulated sniper attacks and posed as civilians trying to gain access to the base.

The last NMCB 11 convoy returning to Gulfport was scheduled for Feb. 28. Their arrival marked the official return of all NMCB 11 equipment and personnel, as well as the conclusion of the battalion's training.

The Naval Construction Force is a vital component of the U.S. Maritime Strategy. They offer deployable battalions capable of providing contingency construction, disaster preparation and recovery support, humanitarian assistance, and combat operations support.



Top: Steelworker 3rd Class Francis Rodriguez and Builder 3rd Class Mark Whitling assigned to Naval Mobile Construction Battalion (NMCB) 11 prepare to place a supporting beam on a timber tower project during NMCB 11's field training exercise, Feb. 25. Bottom: Seabees assigned to NMCB 11 construct a Southwest Asia (SWA) Hut for a graded evolution during their field training exercise. Upon successful completion of the exercise and final evaluation problem, NMCB 11 will become deployment ready. (U.S. Navy photos by Mass Communication Specialist 1st Class Michael C. Barton/Released)



March 3, 2016

Seabee Courier

30th NCR officer named Moreell Medal Winner

By 30th NCR Public Affairs

Naval Facilities and Engineering Command (NAVFAC) announced Lt. Cmdr. Michael Guzzi as the winner of the 2015 Moreell Medal, Port Hueneme, Calif., Feb. 16.

Guzzi, a native of Yuba City, Calif., is currently assigned as the future operations officer for the 30th Naval Construction Regiment (30 NCR) and Naval Construction Group (NCG) 1, stationed at Naval Base Ventura County (NBVC), Port Hueneme, Calif.

In a message announcing the award, Rear Adm. Bret Muilenburg, commander, NAVFAC, wrote that Guzzi, "displayed superb engineering judgment, bold leadership and detailed planning efforts in directing 30 NCR and over 4,500 assigned U.S. Navy, Army and Air Force engineers to unprecedented operational success in the Pacific Theatre."

The message further recognized Guzzi's work in developing 48 construction projects across 18 locations in the U.S. 7th and 3rd Fleet areas of operation, as well as his work as the operations officer for the Combined-Joint Civil-Military Operations Task Force during Balikatan 2015 in the Philippines.

"I am extremely humbled and proud of the award mostly because it recognizes the hard work of the folks at 30 NCR, NCG 1 and across the Naval Construction Force [NCF]," said Guzzi. "I guess since they can't give the award to the entire force, I get to be the beneficiary of everyone's accomplishments."

Guzzi enlisted in the Navy as an Undesignated Seaman in September 1994, serving three years aboard USS Thomas S. Gates

(CG 51) in Norfolk, Va., and completing his enlisted service as a Boatswain's Mate 3rd Class. Commissioned in 2002, his assignments have included NBVC Public Works Department, Naval Mobile Construction Battalion (NMCBs) 4 and 5, Joint Improvised Explosive Device Defeat Organization Navy Center of Excellence and NAVFAC Southwest.

"I love the Navy, the Seabees and the feeling of mission accomplishment," said Guzzi. "There is no greater feeling professionally than being able to look in the mirror and know you gave everything you had to the task at hand and were ultimately successful."

The Moreell Medal is given annually by the Society of American Military Engineers (SAME) to recognize an active or reserve officer of the Navy Civil Engineer Corps, or a civilian employee of NAVFAC who has made outstanding contributions to military engineering. The medal is named after Adm. Ben Moreell, chief of the Navy's Bureau of Yards and Docks and the driving force in the creation of the Navy Seabees. Moreell served as president of SAME in 1941.

Commander, 30th NCR provides operational control over naval engineering forces throughout the Pacific, Southwest Asia and the western United States in response to combat commander and naval component commander requirements. They serve an integral part of the NCF and accomplish major combat operations, theater security cooperation, humanitarian assistance, disaster recovery and Phase Zero requirements across the Pacific area of responsibility.



Lt. Cmdr. Michael Guzzi was named the winner of the 2015 Moreell Medal, Feb. 16. Guzzi is currently assigned as the future operations officer for the 30th Naval Construction Regiment and Naval Construction Group 1, Naval Base Ventura County, Calif. (U.S. Navy photo by Chief Mass Communication Specialist Lowell Whitman/Released)

March 3, 2016

NCBC Security Reminder

Seat Belt Usage ... Seat belts will be worn by all operators and passengers of Government owned or leased vehicles on and off Navy installations. Seat belts will be worn by all military service members, reserve components members on active duty driving or

riding in a privately owned vehicle on or off Navy installations. Seat belts will be worn by all civilian personnel, family members, guests, and visitors while a privately owned motor vehicle is in motion aboard Navy installations. For more information, see OPNAVINST 11200.5D.

Fraud, Waste and Abuse Hotline:

Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE_HOTLINE@navy.mil

RACE ENGINES, DIRT BIKES, ATVs, CIGARETTE BOATS, ZODIACS

Are you up to the challenge of hard work and repairing unique SOF equipment?



Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates

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

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

SAVING ENERGY Saves Money

Looking for ways to save energy and money at home? Check out the five things all homeowners should do to lower their energy bills.



Install and set a programmable thermostat and save an estimated 10 percent on heating and cooling costs.



Use sunlight to your advantage - choose window treatments that reduce heat loss and gain.



Switch to ENERGY STAR appliances, fans and electronics and save!



Choose ENERGY STAR lighting to save money on power bills.



Use a power strip for electronic equipment and switch off when not in use to reduce phantom loads.

Seabee Courier

Focus on Education

Early education at CDC



Children at the Child Development Center (CDC) participate in morning circle time as they learn letters, numbers and shapes on board Naval Construction Battalion Center Gulfport, Feb. 26. CDC hours of operation are 6 a.m. - 5:30 p.m. Monday through Friday. For more information about the CDC, please call 228-871-2323. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)

Education Notes

Smooth Moves

Smooth Moves will be presented by Fleet and Family Support Center (FFSC) from 9 - 11 a.m., March 15 at FFSC, building 30. Representatives from PSD, Housing and Personal Property will be available to answer questions. Call 228-871-3000 to sign up.

Navy-wide March Advancement Exams

E6: March 3; E5: March 10; E4: March 17
Location: Building 433; doors open at 6:30 a.m.
No cell phones at exam site.

FOCUS Skill Building Groups (SBG)

Is a successful relationship just LUCK? Families Over Coming Under Stress (FOCUS) will host this SBG March 16 from 3 - 4:30 p.m. at their facility at 304 John Paul Jones Road (next to Anchors and Eagles), room 405. For more information or to schedule a SBG specific to your group, call: 228-822-5736.

safeTALK

Tell. Ask. Listen. Keep Safe! safeTALK will be offered March 17, 8:30 - 11:30 a.m., at Seabee Memorial Chapel. Call CREDO Facilitator at 228-871-2454 for more information or to sign up. All Resident Advisors MUST attend safeTALK training.

Navy Spouses: Understand Your Resources and Entitlements

Understand Your Resources and Entitlements will be presented by Fleet and Family Support Center from 9 a.m. - 2 p.m., March 30. Important information about available education and employment program will be presented. Pre-register early and ask about the availability of free child care. Call FFSC at 228-871-3000.

ZIKA VIRUS

What YOU need to know

Zika is a viral infection spread by mosquitoes. Ongoing transmission of the virus is currently taking place in the western hemisphere. The Centers for Disease Control and Prevention (CDC) has issued a travel warning for these areas.

How do you get ZIKA?

- Mosquitoes
- Mother to fetus during pregnancy
- Sexual transmission

What are the symptoms?

Most people will not develop symptoms. Only one in five will develop mild symptoms, typically 2-7 days after the initial bite:

- Fever
- Conjunctivitis (Red Eyes)
- Muscle Pain
- Rash
- Headache
- Joint Pain

How can I protect myself?

- Avoid mosquito bites!
- Choose lodging with air conditioning or screened windows and doors
- Use a mosquito net
- Wear long-sleeved shirts and long pants
- Use EPA registered insect repellent containing DEET, picardin and IR3535
- Use permethrin-treated clothing and equipment

If you or someone you know starts to develop symptoms of ZIKA, please contact your health care provider

*Information provided by Navy Marine Corps Public Health Center and the Centers for Disease Control

**Naval Branch Health Clinic
Gulfport point of contact:**

**HN B. Masse at:
brian.d.masse.
mil@mail.mil**



**NAVY
MEDICINE**

*As of February 9, 2016

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

NCBC Gulfport Restoration Advisory Board (RAB) Meeting

Update on Environmental Restoration Activities at NCBC Gulfport

When? Monday, March 7, 2016
6:30 - 8:00 PM

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

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

For more information please contact Gordon Crane:

Phone: 228-229-0446

E-mail: gordon.crane@navy.mil

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



'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Best pics found in basement boxes and bargain bins

Somewhere in our basement, there is a box of VHS tapes. Relics from the days when our kids loved "The Aristocats," "Toy Story," "Spot" and "Barney." Their sticky little hands could pop those clunky tapes into the TV/VCR combo without needing Mom's help.

Well, as long as there wasn't a waffle or a Barbie shoe in the VCR already.

If we let them, they'd watch one after the other — "Pocahontas," "The Great Mouse Detective," "Sesame Street Sing-a-long," and "Babe" — leaving the tapes lying about unwound and out of their crunched jackets. But we limited the kids' TV time, only allowing movie marathons when they were sick.

Even so, it was alarming how much the kids memorized. Anna could perform a perfectly accurate but off-key version of "A Whole New World," and Lilly spoke flawless Swahili when belting out "Hakuna Matata." And our oldest, Hayden, who was diagnosed with autism, could repeat entire 30 minute Arthur scripts even though he had a severe language delay.

These movies had even seeped into our adult

psyches, at times rendering us babbling fools instead of responsible parents. We would catch ourselves singing "... Barney can be your friend too if you just make believe him!" in the shower, or mumbling "Dora, Dora, Dora the explorer ..." while waiting in the car pool line.

By the time Hayden reached fifth grade, the VHS tapes had been watched dozens and dozens of times. The words and tunes were forever burned into our brains, and our VCR was nearly burned out.

It was time for us to move on.

We decided to introduce our kids to REAL movies. Movies with real people and real stories that would teach them real life lessons.

One rainy afternoon, we found all the 80s classics from our childhood in a discount DVD bin at the mall. "Karate Kid," "Pretty in Pink," "Ferris Bueller's Day Off," "Footloose," "Sixteen Candles," and "The Breakfast Club."

At home, we lined the kids up on the couch: Hayden, 12, who was frankly still happy watching Jimmy Neutron; Anna, who was 10 going on 25;



and Lilly, who at 8, was still too distracted by her Polly Pockets to care.

As if we were passing down the ancient wisdom of their elders, we explained why the 80s movies they were about to see weren't just entertainment, they were a visual manifesto for teen angst and adolescent rebellion. Without computers and internet access, we were trapped in the bubble of our high schools and hometowns. Music, television and movies were our only escape. Seeing our frustrations and dreams played out by actors like Andrew McCarthy, Molly Ringwald, and Ralph Macchio was liberating and connected us to teenagers across our nation, and the world ...

"I'm hungry!" Hayden whined.

"I wanna watch the one with the cute boy on the

front," Anna demanded.

"Scuse me," Lilly giggled, apparently having expelled some form of gas.

We were losing them, so we quickly loaded "The Breakfast Club" into the DVD player.

Having not seen the film in a while, we forgot some minor details. We certainly remembered the inspiring story of five stereotypical high school students who entered detention with nothing in common, and left eight hours later with a new understanding of themselves and each other.

But we completely forgot about those same kids smoking pot together, cussing, making out in the janitor's closet, and admitting to drinking alcohol, compulsive lying, and nymphomania. Oh, and the "R" rating.

Whoopsie.

Thankfully, Hayden had fallen asleep and Lilly was on the floor with her dolls. Only Anna had watched the whole movie, and she had her head buried deep in the couch cushions.

After prying Anna from the couch and drying her tears, we learned that, despite her insistence that she was "not a little girl anymore," her innocent

brain was not ready for teenage reality.

We went back to our tattered VHS tapes for the next few years, repeating the same lines and humming the tunes we knew so well. Anna eventually gave "The Breakfast Club" another try. And now as a senior in high school, it is, ironically, her all-time favorite flick.

Whether a movie wins an Oscar or ends up in the bargain bin at the mall, it's our life experiences that connect us to the characters and allow us to appreciate their stories. There's no need to go to the box office, because the Best Picture may just be in a box in the basement.

*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."*

• • • • •
• **V** 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
• **O** a few quick steps to make sure your vote is counted no matter
• **T** where you are in the world. To register and request your ballots,
• **E** 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. Voting information is also available at:
• www.cnic.navy.mil/navyvoting. The Voting Officer for NCBC Gulfport is
• Lt. Zach Guthrie, Building 1, Room 225, 228-871-3460/2890.
• • • • •

NCBC Helping Hands

QUARLES ELEMENTARY SCHOOL POWER UP PROGRAM -

Quarles Elementary School, 111 Quarles Street in Long Beach, is asking for volunteers to read with students in small groups or one to one setting. Point of contact for more information is Dianna Miller or Heather Holliman, 228-864-3946.

CIVITAN CLUB - Civitan Club is interested in expanding its membership. Civitan is an international community of members who serve others. Come join us at our Charity Walk-A-Thon April 2 as we walk across the Biloxi-Ocean Springs Bridge to raise money for the Civitan International Research Center and Mississippi Gulf Coast Development Disability Projects. Check in from 7 - 7:30 a.m. at the Seafood Museum, Biloxi Pavilion. Please Liz Evans at 757-615-2085 or Claudia Lewis 404-606-2401 for more information.

VETERAN NEEDS ASSISTANCE - An elderly veteran is in need of a few minor home repairs. If you are interested in volunteering, please call Carol Keyes at 228-832-5250.

HABITAT FOR HUMANITY OF MS GULF COAST - Volunteers are needed to help with spring cleaning of a Habitat for Humanity warehouse. Point of contact is Angela Thomas, 228-678-9100, ext. 1010.

MISSISSIPPI CITY CEMETERY - Volunteers are needed to rake/spruce up the Mississippi City Cemetery located south of Pass Road and Washington Ave. Point of contact to volunteer is Chuck McKinley, 228-326-4006 or by email cmckinley@cableone.net.

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

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

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

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

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

USO GULF COAST - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host insuring guests sign in, offer snacks and beverages, sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing training which usually lasts 2 hours. The ideal applicant would display excellent people and customer service skills and be able to commit to one weekly, three to five hour shift. If you are someone with a heart to serve please visit: www.USOVolunteer.org and register today.

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

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

Join the Chapel of Choice for the Ecumenical Good Friday Service
March 25, 11 a.m.

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



MARCH 4-10



MWR Easter Egg Hunt

Saturday, March 26

Ladd Circle

Registration begins at 9:00am
First hunt begins at 10:00am

Open to All Hands

For more information, contact:
Pamela Carlisle (228) 871-2323

Age Groups

0-2 years @ 10:00	5-8 years @ 10:15
3-4 years @ 10:00	9-12 years @ 10:30

Paid sponsor. No Navy or Federal endorsement implied.

LUNCH TIME LEARNING

March 4th & 18th 12pm

Navy MWR **FREE FOOD!**
AT ITT

DIGITAL library

What is it? How do I use it?
OPEN TO ALL HANDS

JUMP FOR JELLY BEANS!

March 9th All Day

Pick a workout based on the number of jelly beans you ate!

Free for All Hands!

Questions? Call the Fitness Center at 228-871-2668

NAVY COMMUNITY RECREATION OUTDOOR RENTAL MARCH SPECIAL!

Bicycle Rental Packages
\$5/day \$15/week

Package Includes: Men and Women's 15 Speed Bicycle, Safety Helmet, Safety Vest & Hitch Mount 2-Bike Rack

Reservation required. Limited Supplies. Contact NOR at 228-871-2127 or stop by Building 4561

SEABEE CINEMA

Regular movie showings
Friday Sunday of every week!

Showing this weekend: Kung Fu Panda 3 (PG);
The Finest Hours (PG-13); Hail, Caesar! (PG-13);
The Choice (PG-13)

For more information, call the 24-hour
Movie Hotline at 228-871-3299 for show times
Pick up our NEW MOVIE SCHEDULE TODAY!

LIBERTY

NAVAL CONSTRUCTION BATTALION CENTER
GULFPORT, MISSISSIPPI

3/5 – 6 p.m., Gaude Lanes Glow Bowling, \$15
3/6 – All Day, On the Big Screen: College Basketball
3/7 – 5:30 p.m., Movie Monday: Mission Impossible, Free Popcorn
3/8 – 6 p.m., Tournament Tuesday: Ping Pong Tournament, 1st Place Prize
3/9 – 6 p.m., Watercolor Workshop, Free
3/10 – 6 p.m., Cooking 101: Grilled Quesadillas
Call 228-871-4684 for more information

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		

MARCH SERVICE

Auto Skills Center Bldg. 397

Call 228-871-2804 to schedule!

VEHICLE SAFETY INSPECTION

FREE check of lights, tires, wiper blades & undercarriage!

By appointment
Wed-Fri 2-8 pm
Sat & Sun 10am-5pm

March 3, 2016

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

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145. **NCBC Multi-Cultural Diversity Committee** is seeking members. Meetings are held weekly on Wednesdays at noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at 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 held on the second Monday of each month at 7:00 p.m. at 213 Klondyke Road, Long Beach, MS Contact Carol Fetters, President at 228-832-4893 or email cfetters@cablone.net for more information.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for info.

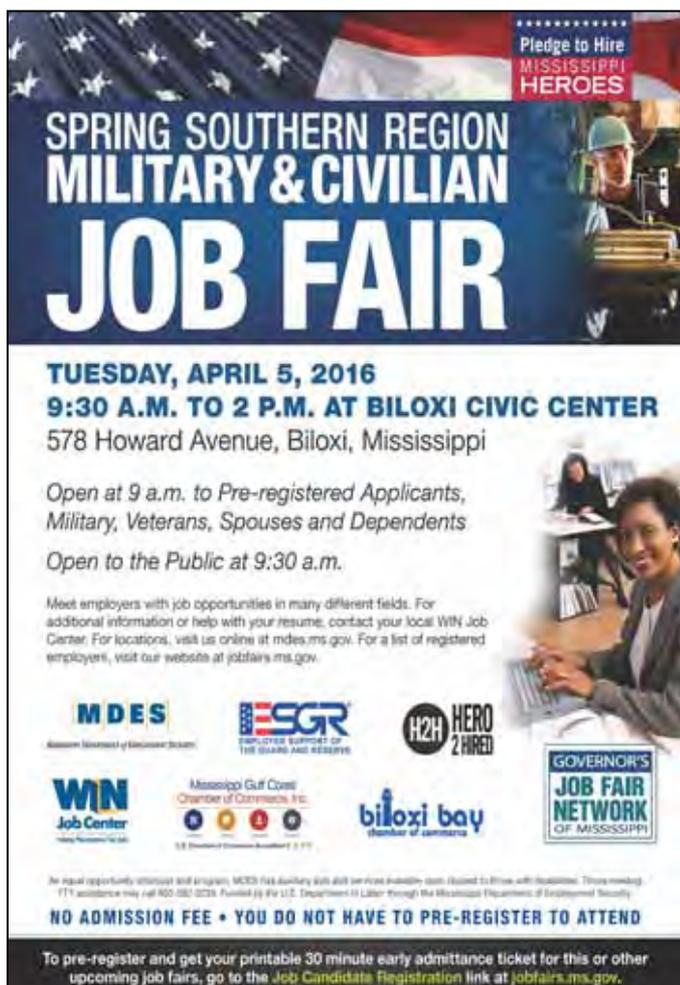
NMCB 62 Alumni Group
 Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62alumni.org>.

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

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil or 228-871-3877. 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.seabee-museum-store.org or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.



SPRING SOUTHERN REGION MILITARY & CIVILIAN JOB FAIR

TUESDAY, APRIL 5, 2016
9:30 A.M. TO 2 P.M. AT BILOXI CIVIC CENTER
 578 Howard Avenue, Biloxi, Mississippi

Open at 9 a.m. to Pre-registered Applicants, Military, Veterans, Spouses and Dependents
 Open to the Public at 9:30 a.m.

Meet employers with job opportunities in many different fields. For additional information or help with your resume, contact your local WIN Job Center. For locations, visit us online at mdes.ms.gov. For a list of registered employers, visit our website at jobfairs.ms.gov.

MD&S (Mississippi Department of Economic Security)
ESGR (Employment Security and Government Relations)
H2H HERO 2 HIRE
GOVERNOR'S JOB FAIR NETWORK OF MISSISSIPPI
WIN Job Center
Mississippi Gulf Coast Chamber of Commerce, Inc.
biloxi bay (Chamber of Commerce)
GOVERNOR'S JOB FAIR NETWORK OF MISSISSIPPI

An equal opportunity without age program, MDCB has auxiliary skills and services available, open to those with disabilities. Those needing TTY assistance may call 800-582-2228. Funded by the U.S. Department of Labor through the Workforce Investment Act of 2009.

NO ADMISSION FEE • YOU DO NOT HAVE TO PRE-REGISTER TO ATTEND

To pre-register and get your printable 30 minute early admittance ticket for this or other upcoming job fairs, go to the Job Candidate Registration link at jobfairs.ms.gov.



GULF COAST USO
 901 CBC 3rd Street
 Building 114
 228-575-5224

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

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

FORCE PROTECTION
IF YOU SEE SOMETHING, SAY SOMETHING IMMEDIATELY!

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

Suspicious Activity is any observed behavior that could indicate terrorism or terrorism-related crime. This includes, but is not limited to:

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

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

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

Report **SUSPICIOUS ACTIVITY** to law enforcement or a person of authority

Describe specifically what you observed including:

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