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Suicide Prevention Month Proclamation signed by base leadership

By Brian Lamar
NCBC Public Affairs

Capt. Cheryl Hansen, Naval Construction Battalion Center commanding officer, invited senior leaders assigned to units throughout the base to join her in signing a proclamation Sept. 1 recognizing September as National Suicide Prevention Awareness Month.

Before signing the proclamation, Hansen expressed gratitude to base leadership for taking suicide prevention and awareness seriously.

"Each and every one of us knows that just one life lost to suicide is just too much. That's what we all believe and that's why we are here," said Hansen "That's why we sign these proclamations and that's why we want to make sure that we are embracing and cultivating a culture that is preventative and proactive when it comes to suicide prevention and awareness."

This year's suicide prevention awareness month and proclamation signing comes a few months after two Sailors assigned on NCBC took their own lives.

"I appreciate the fact that you are all committed to making sure that your Sailors, your Seabees, Airman or Soldiers that are assigned to you understand what the ACT ask, care, treat, acronym means and not just in words but in deed because they see it in each one of us as leaders," said Hansen.



Capt. Cheryl Hansen, Naval Construction Battalion Center commanding officer, reads a suicide prevention awareness month proclamation in front of an audience at the Fleet and Family Support Center Sept. 1. (U.S. Navy photo by Brian Lamar)



Leaders from around the Naval Construction Battalion Center, Gulfport came together to sign a proclamation establishing the importance of Suicide Prevention Awareness Month at FFSC Sept. 1. (U.S. Navy Photo by Brian Lamar)

The base is also participating in a pushup challenge. Throughout the month a leader on base will post a video of them each work day doing 22 pushups to raise awareness for suicide prevention awareness month each work day.

The Navy has adopted the "Be There" theme to motivate Naval personnel to take suicide prevention personally. According to annual Navy suicide case reviews, a feeling of loss of connectedness with peers, shipmates or family members is a common theme, as well as, workplace or home stress, when Sailors take their own lives.

To combat Navy suicide, the Navy's 21st Century Sailor Office is challenging everyone to commit #OneSmallAct in helping to prevent suicide. One way to commit a small act is to incorporate the Navy's bystander intervention model of Ask, Care, Treat (ACT).

Navy Region Southeast is dedicated to suicide prevention, and is asking everyone to go to the Navy Region Southeast social media sites and comment on how you are helping to prevent suicide. Explain what your one small act is, or give suggestions on how to "Be There" for others. You can find Navy Region Southeast at: www.facebook.com/navyregionse

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22 NCR exercises command and control during Bold Alligator

**By MCCS(SCW/SW)
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22 NCR Public Affairs Officer

The 22 Naval Construction Regiment (22 NCR) participated in Exercise Bold Alligator 2016 (BA16) which concluded, Aug. 25.

BA16 was a simulated, scenario-based exercise where U.S. Navy and Marine Corps forces partnered with a host nation facing aggression from a neighboring power. The mission of the 22NCR is to execute command and control (C2) of Navy Construction Force (NCF) units executing operations on the fictitious island of Amethyst and designated operational areas within the Combined Force Maritime Component Commander (CFMCC) area of operations.

It's been proven that past experience can play a huge role in present situations; 22 NCR had that opportunity nine months ago when they successfully completed their

Navy Integrated Exercise (NIEX), in November of 2015. The Expeditionary Warfare Development Center (EXWDC) from Joint Expeditionary Base Little Creek-Ft. Story, Va., ran and evaluated the exercise. They designed scenarios to test 22 NCR's ability to effectively command and control multiple expeditionary force units working together as a task force.

According to Capt. Lore Aguayo, 22 NCR commanding officer, while C2 is essential to both exercises BA16 was different from NIEX as it provided a training scenario that closely resembles what 22 NCR would be called upon to do in the real world.

"During NIEX, my priority was to exercise C2 and interoperability with Navy Expeditionary Combat Command (NECC) units," Aguayo said. "With BA16, my priority was to exercise C2 of Seabees in support of a Marine Air Ground Task

Force (MAGTF)."

By the end of NIEX, 22 NCR had a core group of experienced personnel ready to tackle the challenges of BA16; however, 22NCR's command element decided to take a different approach.

"We decided we wanted to train new members, including 22 NCR Reserve personnel who were either new to the command or had not participated in our NIEX exercise," Aguayo said. "I was very pleased with their performance. Every day they took lessons learned and instituted them into their daily processes. The synergy on the watch floor was palpable as they communicated effectively with one another and meshed into a cohesive group all moving in the same direction."

Lt. Cmdr. Joshua Perry, 22 NCR commanding officer felt they pushed the envelope during this exercise.

"In addition to having

meaningful training for our personnel before the exercise started, the quality of operational planning team drove the concept of operations," Perry said. "I feel everyone involved learned a great deal from this exercise."

One of the added benefits of BA16 was using it as a unit level training and readiness assessment (ULTRA) as well. According to Aguayo, an ULTRA exercise is used to sustain what they learned during NIEX.

"Using BA16 as an ULTRA, where the grading is internal, gives us a bump in readiness," Aguayo said. "It helps us mitigate the degradation of skills that happens naturally over time. Overall, I'm extremely proud of our 22 NCR personnel. Their ability to communicate as a team will improve our readiness and our ability for command and control of our forces in the future."

Steelworker "A" School starts second week of ARC welding class

Steelworker 1st Class Michael Gilchrest, a Naval Construction Training Center Steelworker "A" School welding instructor demonstrates a technique to students Sept. 6 on board the Naval Construction Battalion Center, Gulfport.

The Steelworker "A" School students are in their second week of ARC welding.

(U.S. Navy Photo by Brian Lamar/Released).



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