

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

June 14, 2012

Coast thunderstorms no match for joy of NMCB 7's homecoming



Senior Chief Builder Rob Morrison is enthusiastically welcomed back by his wife, Katie, and their children at the Naval Mobile Construction Battalion (NMCB) 7 advanced party homecoming held on board Naval Construction Battalion Center (NCBC) June 10. The remainder of the battalion will be returning from deployment over the next few weeks. This is NMCB 7's final deployment before being decommissioned on board NCBC Sept. 5, as part of the Fiscal Year 2012 force reduction plan. (U.S. Navy photo by Rob Mims/Released)

More on NMCB 7's return - page 4 and NCBC Facebook

Everyone is invited. . .

114th Hospital Corps Birthday Ceremony
June 15, 12:15 p.m., Training Hall



Navy standardizes command qualifications for PCOs

From Chief of Naval Personnel Public Affairs

Chief of Naval Operations, Adm. Jonathan Greenert, approved an instruction governing the Navy's Command Qualification Program June 4, setting the standards for qualifying and screening Navy commanding officers.

OPNAV Instruction 1412.14 guides officer communities on how to formally establish a written command qualification program and how to formally screen prospective officers for command.

Prior to the release of this instruction, command qualifications were left to the individual officer communities. Following an internal review of the different programs, leadership determined common threads needed for effective command which could be highlighted during a standardized screening and qualification process.

"This program will strengthen the caliber of our leaders and provide for a more ready, capable fleet by ensuring we select the right people for command by adhering to clear, consistent professional qualification standards.

This process recognizes each community's unique professional standards, while reinforcing the necessarily high expectations we hold for those in command Navy-wide," explained Adm. John Harvey, commander, U.S. Fleet Forces.

While the instruction primarily provides guidance to community leaders and mandates standards, it also contains some requirements and expectations for prospective commanders. During Command Leadership School (CLS), which is now mandatory, candidates will complete a written examination that covers specific professional knowledge requirements and participate in a 360° assessment of their strengths and weaknesses with the help of certified counselors.

Capt. Michael Slotsky, commanding officer of CLS, explained how the students will be impacted by this training.

"Prospective commanding officers will now demonstrate and reflect in writing how they will apply tenets of good leadership, bedrock principles of authority-responsibility-accountability

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 Capt. Rick Burgess
Public Affairs Officer
 Rob Mims
 Editor
 Bonnie L. McGerr
Mass Communication Specialist
 MCC (SCW/SW/AW)
 Ryan G. Wilber
Special Contributors
 CECN Lucinda Moise

22 NCR Commander
 Capt. Kathryn A. Donovan
Public Affairs Officer
 MCC Jason Carter

25 NCR Commander
 Capt. Darius Banaji
Public Affairs Officer
 MCC (SW/AW) Scott Boyle

NMCB ONE
Commanding Officer
 Cdr. Mike Saum
Public Affairs Officer
 Lt. Jonathon Charfauros
Mass Comm. Specialist
 MC1 (AW/NAC) Aron Taylor

NMCB SEVEN
Commanding Officer
 Cdr. James G. Meyer
Public Affairs Officer
 Vacant

NMCB ELEVEN
Commanding Officer
 Cdr. Maria Aguayo
Public Affairs Officer
 Ensign Timothy Palik
Mass Comm. Specialist
 MC1(AW) Jonathan Carmichael

NMCB SEVENTY FOUR
Commanding Officer
 Cdr. Richard Hayes
Public Affairs Officer
 Lt.j.g. John Parizek
Mass Comm. Specialist
 MC2(SCW) Michael Lindsey

NMCB ONE THIRTY THREE
Commanding Officer
 Cdr. Nicolas D. Yamodis
Public Affairs Officer
 MC1(SW/AW) Steven Myers

NCTC Gulfport
Commanding Officer
 Cdr. Bill Whitmire
Public Affairs Officer
 Chaplain (Lt.) Rob Guilliams

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FLAG DAY - JUNE 14, 2012

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

Ninety-six years ago, our Nation first came together to celebrate Flag Day an occasion when President Woodrow Wilson asked us to "stand with united hearts for an America which no man can corrupt, no influence draw away from its ideals, no force divide against itself." This week, we mark nearly one century since that historic proclamation, and more than two centuries since the Second Continental Congress brought 13 United States under a single standard.

For over 200 years, our flag has proudly represented our Nation and our ideals at home and abroad. It has billowed above monuments and memorials, flown beside the halls of government, stood watch over our oldest institutions, and graced our homes and storefronts. Generations of service members have raised our coun-

try's colors over military bases and at sea, and generations of Americans have lowered them to mourn those we have lost. Though our flag has changed to reflect the growth of our Republic, it will forever remain an emblem of the ideals that inspired our great Nation: liberty, democracy, and the enduring freedom to make of our lives what we will.

As we reflect on our heritage, let us remember that our destiny is stitched together like those 50 stars and 13 stripes. In red, white, and blue, we see the spirit of a Nation, the resilience of our Union, and the promise of a future forged in common purpose and dedication to the principles that have always kept America strong.

To commemorate the adoption of our flag, the Congress, by joint resolution approved Aug. 3, 1949, as amended (63

Stat. 492), designated June 14 of each year as "Flag Day" and requested that the President issue an annual proclamation calling for its observance and for the display of the flag of the United States on all Federal Government buildings. The Congress also requested, by joint resolution approved June 9, 1966, as amended (80 Stat. 194), that the President annually issue a proclamation designating the week in which June 14 occurs as "National Flag Week" and call upon citizens of the United States to display the flag during that week.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim June 14, 2012, as Flag Day and the week beginning June 10, 2012, as National Flag Week.

I direct the appropriate officials to display the flag on all

Federal Government buildings during that week, and I urge all Americans to observe Flag Day and National Flag Week by displaying the flag. I also call upon the people of the United States to observe with pride and all due ceremony those days from Flag Day through Independence Day, also set aside by the Congress (89 Stat. 211), as a time to honor America, to celebrate our heritage in public gatherings and activities, and to publicly recite the Pledge of Allegiance to the Flag of the United States of America.

IN WITNESS WHEREOF, I have hereunto set my hand this eleventh day of June, in the year of our Lord two thousand twelve, and of the Independence of the United States of America the two hundred and thirty-sixth.

BARACK OBAMA

Naval Meteorology and Oceanography Professional Development Center (NAVMETOCPRODEVCON) Change of Command Ceremony

June 22, 10 a.m.
 Seabee Memorial Chapel

Sailor's Creed

I am a United States Sailor. I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me. I represent the fighting spirit of the Navy and those who have gone

before me to defend freedom and democracy around the world. I proudly serve my country's Navy combat team with Honor, Courage and Commitment. I am committed to excellence and the fair treatment of all.

See Something Wrong Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

To report information by Cell text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone.
2. Receive a response, for example: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

To report information Online:
 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



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, E-mail: CNRSE_HOTLINE@navy.mil.

Buzz on the Street



By CE3N Lucinda Moise
NCBC Public Affairs

Who do you think will win
the NBA Championship?



"Oklahoma City definitely
got this."

CE3 Emani Lambkins
NMCB 74
Hometown: Watts, Calif.



"I think the Spurs will
win."

CE3N Marcos Saenz
NCBC
Hometown: San Antonio, Texas



"No doubt, Miami Heat is
going to win the 2012
NBA Championship."

EO3 Eric Moise
20th SRG
Hometown: Miami, Fla.

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Around the Center



Preschool students enrolled in the Naval Construction Battalion Center (NCBC) Gulfport Child Development Center recite the Pledge of Allegiance at the Preschool Graduation held at the Training Hall, on board NCBC, June 8. The youngsters walked across the stage to collect diplomas after entertaining family and friends with poetry, music and geography. The graduates will enter kindergarten this fall. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Thirty exhibitors, employers and service organizations participated in the U.S. Chamber of Commerce Hiring Our Heroes Job Fair on board Naval Construction Battalion Center (NCBC), June 7. During the past 12 months, Hiring Our Heroes has hosted more than 175 hiring fairs in 49 states, and more than 10,000 people have gotten jobs. More than 200 people attached to NCBC registered for the Fair, and many more attended as walk-ins. Hiring Our Heroes is a nationwide initiative to help veterans and military spouses find meaningful employment. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Children enrolled in Vacation Bible School create wind chimes and airplanes at the Seabee Memorial Chapel on board Naval Construction Battalion Center (NCBC) Gulfport, June 6. The wind chime and airplanes contain Bible verses, which helps the children learn various scriptures. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Happy Birthday Army . . . Everyone is invited to celebrate the 237th Birthday of the U.S. Army, at a cake cutting, June 14, 11:30 a.m., at the Colmer Dining Facility.



Home, Sweet Home . . . 'Magnificent 7' returns to Gulfport after 6-month Afghanistan deployment

Photos by Rob Mims, Chief Mass Communication Specialist Ryan G. Wilber and Construction Electrician Constructionman Lucinda L. Moise, NCBC Public Affairs



A Veteran's Tale

By CECN Lucina L. Moise
NCBC Public Affairs

This year is the Bicentennial of the War of 1812 and the 70th anniversary of the Battle of Midway; historic naval engagements, which demonstrated the innovation and strength of the Navy, essential to ensuring the security, prosperity and vital interests of the U.S. More than 183 Battle of Midway commemoration events were held around the world.

Seabees attached to Naval Construction Battalion Center (NCBC) Gulfport held a special Battle of Midway Commemoration Ceremony of their own at the NCBC Training Hall, June 5. Retired Chief Gunner's Mate Hugh Wingo was guest speaker for the ceremony. Wingo was stationed at Pearl Harbor during World War II assigned to USS Benham (DD 397), serving during the Doolittle Tokyo raid and the Battle of Midway. The Battle of Midway was the turning point in the Pacific War and set the stage for the United States to win the World War II.

According to Wingo, the United States knew ahead of time about Japan's plans to attack, enabling the forewarned U.S. Navy to set up an ambush of its own.

"A lieutenant commander discov-

ered how to break Japanese code and that is how we learned of the Japanese coming towards us," said Wingo.

The United States Navy decisively defeated an Imperial Japanese Navy attack against Midway Atoll, inflicting irreparable damage on the Japanese fleet. Four Japanese aircraft carriers and a heavy cruiser were sunk. An American aircraft carrier and a destroyer were lost in the battle.

During the ceremony Capt. Rick Burgess, commanding officer, NCBC Gulfport/commander, 20th Seabee Readiness Group (SRG), spoke about the significance of receiving first-hand accounts from veterans like Wingo. "It has been very impressive to me since I got here to see just how great it is that we have folks like Chief Wingo and other folks at the Retirement Home who are really part of our community. They link to some of these events in way that reading about it in a book, seeing it in the paper, or looking it up on the internet just can't do," said Burgess.

Burgess and Wingo concluded the commemoration with a wreath-placing ceremony followed by a moment of silence in honor of the 307 Sailors who gave their

NMCB 74 Det. Corpus Christi



Above: Engineering Aide Constructionman Molitau Faumuina, a Seabee assigned to Naval Mobile Construction Battalion (NMCB) 74's Det. Corpus Christi, sets guide lines for friction collars used to support an overhead concrete boat ramp deck at Naval Air Station (NAS), Corpus Christi on May 30, 2012. NMCB 74 is tasked with constructing a concrete boat ramp for the Morale Welfare and Recreation program. (U.S. Navy photo by Equipment Operator Constructionman Laura Trommer/Released)



Right: Seabees assigned to Naval Mobile Construction Battalion 74's Det. Corpus Christi use a skidsteer to place a friction collar on a concrete column used to support an overhead concrete boat ramp deck at Naval Air Station (NAS), Corpus Christi on May 30, 2012. NMCB 74 is tasked with constructing a concrete boat ramp for the Morale Welfare and Recreation program. (U.S. Navy photo by Equipment Operator Constructionman Laura Trommer/Released)

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Retired Chief Gunner's Mate Hugh Wingo describes the events he experienced while serving aboard USS Benham (DD 397) during the Battle of Midway to Seabees and Sailors attached to Naval Construction Battalion Center (NCBC) Gulfport during a Battle of Midway Commemoration Ceremony held at the NCBC Training Hall June 5. The Battle of Midway was the turning point in the Pacific War and set the stage for the United States to win World War II. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

OPSEC – NEXT GENERATION

Cell phones, thumb drives, wireless personal electronic devices (PEDS), the internet, BLOGS and social networking sites have all literally changed the way we conduct business and for the most part, our way of life. However, this technology has also made it increasingly more difficult for us to protect our Critical Information both at home and the workplace. Every Sailor should complete this 30-minute, high-energy OPSEC awareness and training computer-based training (CBT) that highlights the realistic vulnerabilities of today. The instructor-led version is now in distribution as part of the FY08 GMT requirement. Contact the Navy OPSEC Support Team at opsec@navy.mil for additional copies or questions regarding OPSEC.



Enlisted Advancements On Board Naval Construction Battalion Center



During ceremonies held at commands on board Naval Construction Battalion Center (NCBC) Gulfport Seabees and Sailors selected for advancement to E-4 thru E-6 and E-9 were frocked June 1-12. Many family members and mentors of the selectees took part in the ceremony. Frocking in the Navy gives selectees the right to wear the uniform of the paygrade, and requires greater responsibility on the part of the service member, but does not necessarily entitle the selectee to the associated pay, which can take up to a year to receive. Congratulations to everyone for a job well done!



Seabees close Camp Moreell, transfer to Army

By 25 NCR Public Affairs

The primary hub for U.S. Navy Seabee deployments to and from Iraq and Afghanistan was closed May 23, during a ceremony held on Ali Al Salem Air Base, Kuwait.

For 10 years, Camp Moreell served as the main Seabee ground base and assembly point for all Seabees and many Sailors who deployed across Southwest Asia, supporting Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn.

Cmdr. Matthew Motsko, Officer-in-Charge, 25th Naval Construction Regiment (NCR) Forward said Camp Moreell was a mainstay for all Seabees who participated in multiple operations over the past 10 years.

"The closing of Camp Moreell is a somber feeling," he said. "It's the end of an era, but a necessary event given the positive progress being made."

"The camp was the first stop for Seabees, where we acclimatized to the cold desert air in winter and the heat of summer," said 25 NCR Commander, Capt. Darius Banaji. "It was where we recounted our deployments and went through a transition period before heading home to our families," Banaji said.

Named after Adm. Ben Moreell, the former commander of the Navy's Civil Engineer Corps and the founding father of the Seabees, the camp supported 55,000 Seabees during 39 Naval Mobile Construction Battalion deployments and 20

Naval Construction Regiment deployments.

Master Chief Constructionman Rodney Gardner, 25 NCR Command Master Chief, said the camp went through some major changes over the years.

"The first time I went through [Camp Moreell] back in 2002 it was nothing but tents with plywood floors," he said. The showers were so far away that you would be covered in dust by the time you got to your tent."

"But over time, the tents were replaced by permanent structures, Morale, Welfare and Recreation facilities and a great gym," he said. "It really became a home away from home for us."

For Motsko, the Camp's legacy will live on even after it closes.

"Camp Moreell is what Seabees remember as home, right before they went out the door to perform their missions further into harm's way while feeling comfort knowing someone had the watch and they could rest easy," he said. "[Camp Moreell] was, and still is, an icon."

While Camp Moreell is now closed for the Seabees, its importance to the mission has not changed. The U.S. Army's Alpha Company, 427th Brigade Support Battalion, which took control of the camp, is keeping the name intact in honor of the men and women who built and maintained it for the past 10 years.

"We will honor the namesake of the Camp and respect what it means to your storied and proud heritage," U.S. Army



U.S. Navy Cmdr. Matthew Motsko, 25th Naval Construction Regiment (25 NCR) officer in charge at Camp Moreell, speaks at a transfer ceremony at Camp Moreell, Southwest Asia, May 23. Navy Seabees operated from this camp for almost 10 years before transferring responsibilities over to the Army's Alpha Company, 427th Brigade Support Battalion. (U.S. Air Force photo by Staff Sgt. James Lieth/Released)

Col. Robert Cheatham Jr., Commander, Area Support Group – Kuwait, said during the transfer ceremony.

Cheatham also thanked the Seabees for building, maintaining and preparing the camp so that it could continue to be used to support troops coming through Kuwait.

"We are humbled the Army and future tenants will keep the namesake of Camp Moreell," Banaji said.

At the beginning of the transfer ceremony, Master Chief Equipmentman Charles Boris read the names of 20 fallen Seabees who all passed through Camp Moreell between 2003 and 2011.

"It was important, even imperative, to remember that all gave some, but some gave all, and some paid the ultimate sacrifice during operations over the past 10 years," Motsko said.

June 14, 2012 Former NMCB 133 Sailor earns commission

By MCC (SCW) Ryan Wilber
NCBC Public Affairs

Former Naval Mobile Construction Battalion (NMCB) 133 Sailor and University of Alabama (U of A) alumni, Ashkan Bayatpour, was commissioned an Ensign in the U.S. Navy Reserve during a ceremony held at The Alabama Museum of Natural History in Smith Hall on the U of A campus, June 7.

Retired U.S. Marine Corps Lt. Gen. John G. Castellaw was Commissioning Officer during the ceremony.

Bayatpour served as a Personnel Specialist with NMCB 133 deploying to Fallujah, Iraq supporting Operation Iraqi Freedom and assisting the Gulf Coast

community after Hurricane Katrina during his 4-year enlistment. He said that his time in the battalion has played an important part in his success.

"I learned a lot being a Seabee. The 'Can Do' spirit of getting it done not matter what is something that has served me well in my academic and professional life thus far," said Bayatpour.

Following his enlistment, the Mobile native enrolled at U of A, earning his bachelor's degree in Political Science and master's degree in Marketing. He also founded the Campus Veterans Association and served as its President.

Bayatpour said that it his love for this country and a desire to

make it better and ensure it continues is why he decided to pursue his commission.

"It's not about what I can get out of this, it's about what I can put into this, what I can offer our nation to help it thrive and push forward, especially in these troubled times. Duty has no expiration date," said Bayatpour. "There is no cap on service to one's nation. The call of duty is a quiet one, and only the most keen and attentive citizens will hear it and answer."

Bayatpour is currently working toward his Master of Business Administration at the University of Alabama with a concentration in Finance as he embarks on his new career as a commissioned officer.



Retired U.S. Marine Corps Lt. Gen. John G. Castellaw administers the commissioning oath to former Naval Mobile Construction Battalion (NMCB) 133 Sailor and University of Alabama (U of A) alumni, Ashkan Bayatpour, during a ceremony held at The Alabama Museum of Natural History in Smith Hall on the U of A campus, June 7. (Photo courtesy of Andrea Mabry/Released)

Gulfport Commissary 2012 Scholarship for Military Children Recipient



Capt. Rick Burgess, commanding officer, Naval Construction Battalion Center (NCBC) and commander, 20th Seabee Readiness Group (SRG), Memorie Howard, (left) Gulfport Officers' Spouse's Club (GOSC) president, and Walter Taylor (right), NCBC Commissary store director, present Juliana Oswald with a \$1,500 scholarship for military children from the Defense Commissary Agency, Fisher House Foundation and the GOSC. Oswald is the daughter of retired Army Sgt. First Class Lee Oswald and his wife, Robin Oswald, resides in Hattiesburg, and is a 2012 graduate of Forest County Agricultural High School. She will attend William Carey University in Hattiesburg to study nursing with the ultimate goal of working in the Neonatal Intensive Care Unit. Oswald was chosen for the scholarship based on an essay discussing whom she would replace the faces on Mount Rushmore with if she were to redo the monument, choosing Billy Graham, former President Ronald Reagan, Henry Ford and Steve Jobs. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Scholarship program surpasses 10 Million

From Commissary Express Line

Scholarships for Military Children celebrated its 12th anniversary and a major milestone – the awarding of more than \$10 million in scholarships to 6,742 military children around the world.

The scholarships are funded by commissary vendors, manufactur-

ers, brokers, suppliers and the general public.

Every dollar donated to the program goes directly to funding the scholarships.

Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families, underwrites the cost of administering the program,

which is handled by Scholarship Managers, a national, nonprofit, scholarship management services organization.

Scholarship Managers looks at the applicants' grade-point averages, the number of school and community activities, extracurricular and volunteer activities, and part- or full-time work experience.

Faces

By Juliana Oswald

If I could pick four "faces" or people for a new Mount Rushmore, I would choose Billy Graham, Henry Ford, Ronald Reagan and Steve Jobs. Billy Graham is one of the greatest evangelists of our time. He has been the spiritual advisor for twelve presidents. Over three million people have come to know Christ after hearing one of his sermons. For these sermons, he would rent a big venue and have a large choir. After they sang, he preached the gospel followed by an altar call. He called these 'Crusades' which went on for years in 185 different countries. Billy has been one of the most influential religious leaders in the world. If God had not used him to reach His people, there would be many more non-Christians than there are now.

Without Henry Ford, we would not have mass production. He introduced a new model of car- the Model T- that changed the world. With his introduction of the assembly line, more people were able to purchase a vehicle; therefore, he changed transportation. Cars today are manufactured with an assembly line; this would not be possible if Henry had not created the idea.

Ronald Reagan is considered the best president that the United States has ever had by many people. Americans respected him; other countries revered and feared him. (While he was giving his inaugural address, the 52 U.S. hostages were released after being held captive for 444 days.) He is the oldest

man to be elected for president. He became the first president to survive an assassination attempt by gunshot after being shot outside a hotel by John Hinckley, Jr. He handled other situations, such as the firing of over 11,000 air traffic controllers who went on strike, with great authority. During his presidency, he decreased inflation, unemployment rates, and federal income taxes. He ordered the U.S. forces to carry out Operation Urgent Fury- the first major military operation since the Vietnam War - which led to a victory. He also contributed to the end of the Cold War. Even though he died of Alzheimer's in 2004 (becoming the second longest-living president), he is still remembered as one of the best presidents.

Steve Jobs changed the way many viewed electronics. He was the co-founder and CEO of many companies including Apple, Inc., Pixar, and NeXT, Inc. Jobs worked with two of his friends to create the Apple 1 computer. He bought Pixar and is credited with being the executive producer for many Disney movies including the Toy Story trilogy, Finding Nemo, and Up. Under his direction, Apple created the iPod, iTunes digital music, iTunes Store, and the iPhone. Steve Jobs changed the electronic world for the better, and without him, we would not be as advanced as we are. Each of these people - Billy Graham, Henry Ford, Ronald Reagan, and Steve Jobs - impacted the world in different ways, each for the better.

NCBC FRAMES

Sgt. Jeffrey Weidner
U.S. Marine Corps
2111 Small Arms
Repair Technician



By MCC (SCW) Ryan G. Willber, NCBC Public Affairs

FREEZE
FRAME

FF: What single experience during your career stands out the most and why?

Sgt: Pinning on Sergeant. The amount of support given by the few Marines on base truly shows the

amount of camaraderie the Marine Corps has.

FF: What has been your biggest motivation throughout your career?

Sgt: My supportive family.

FF: What advice would you give to future Seabees/Sailors?

Sgt: Do what you're supposed to do, even when no one is looking.

FF: What is your favorite thing

about working with Seabees?

Sgt: Understanding how another piece of the puzzle works.

FF: Who was your most influential mentor during your ca-

reer, and why?

Sgt: A 2111 SNCO [Senior Non-Commissioned Officer] at my last command. He challenged my knowledge of small arms every day.

Underwater Construction Team (UCT) ONE is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change.



Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.

Contact UCT/CCC Diver recruiting team @ (757) 462-3988/4313 or email YNC Aberle at christopher.aberle1@navy.mil, SW1 Dohse at ryan.dohse@navy.mil or visit www.facebook.com/seabee.diver for more information.

Health Watch: June is PTSD Awareness Month

By Naval Branch Health Clinic Gulfport

About 60 percent of men and 50 percent of women experience at least one trauma in their lifetime.

Traumatic experience can be horrible, scary, life threatening events to the person or someone they know, and they can be experienced or witnessed. The element of danger and feelings of hopelessness can both be factors.

Trauma can result from childhood or adult sexual assault, physical assault, accidents, disasters or be combat related. Not all exposure to trauma will

necessarily result in Post Traumatic Stress Disorder (PTSD,) but based on the current US population, the incidence rate is 7 – 8 percent or approximately 5.2 million adults. Experts think PTSD occurs in approximately 11 – 20 percent of Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) veterans, 10 percent of Desert Storm veterans and 30 percent of Vietnam Veterans.

Although most people who go through trauma may never experience PTSD, some are directly exposed to trauma, seriously hurt in the event, or

exposed either chronically or repeatedly that do develop PTSD.

Another cause of PTSD in the military can be military sexual trauma (MST). This trauma may include any sexual harassment or sexual assault that occurs during an individual's service in the military. MST can happen to men and women alike and may occur during peacetime, training, or wartime.

When a person has PTSD, their family and friends are also affected. If you or someone you know has experienced a traumatic event, you may



find it hard to talk about, but it can be helpful to tell your doctor or a counselor about any symptoms you may have.

Gulfport's Behavioral Health Center is now able to offer targeted PTSD treatment. This service is by referral only, and a screening and diagnostic evaluation is required. For further information, please call (228) 822-5710.

Ombudsman Basic Training . . . Fleet and Family Support Center (FFSC) will host a two-day Ombudsman Basic Training course June 16 and June 23, 8:30 a.m. to 3:30 p.m. Call Paula at 228-871-3457 to reserve a space.

FFSC sponsoring Baby Boot Camp . . . Parents-to-be (singles and couples) and new parents of infants up to three months old are invited to Baby Boot Camp class June 14, 8 a.m. to noon at the Fleet and Family Support Center. Reserve your space by calling FFSC at 228-871-3000.



At the MOVIES

- June 15:** One for the Money, PG13, 7 p.m.
- June 16:** Gone, PG13, Noon; Safe Hours, R, 2 p.m.; Tyler Perry's Good Deeds, PG13, 5 p.m.
- June 17:** John Carter, PG13, 2 p.m.; A Thousand Words, PG13, 5 p.m.

Upcoming Events

FATHER'S DAY ICE CREAM SOCIAL June 15, 2 p.m., at the Child Development Center. All dads who have children currently enrolled in CDC are invited to attend and celebrate Father's Day.

LUNCHTIME BADMINTON, sign ups have been extended through June 14 with games starting June 19. Captain's Cup points will be awarded.

VOLLEYBALL CHALLENGE June 15, 12:30 p.m. Sign ups are through June 14. Captain's Cup points will be

awarded for the challenge.

RACQUETBALL LEAGUE SEASON 2 Sign up June 18 - July 1. Season determined by number of sign ups. Player meeting July 9. Captain's Cup points will be awarded.

OPERATION MAGIC, a standup comedy, magic, juggling, and mind reading husband and wife duo for audiences 13 years of age and up will take place June 21 in the Training Hall. *Due to adult content children under 13 will not be admitted into the show.* Free Child Care is available at the CDC for children under 5 years of age (up to 56 spaces) and the YAC for children 5 - 12 years of age (up to 50 spaces). The last day to sign up for FREE childcare is June 14. Pre-Show and Dinner, 6:30 p.m. You must sign up in person by stopping by ITT located in BLDG 365. The Pre-Show and Dinner is for Active Duty ONLY and up to three guests. (Limited to the first 70 people that register at ITT.) Sign ups are now through June 14. Dinner includes: salad, roasted prime rib, smoked sausages stuffed pork loin, creamy



garlic mashed potatoes, green beans, cakes and pies. A cash bar will be open during the pre-show and dinner. ***Dinner is FREE for the first 70 people that register at ITT, there are 600 seats available for the Main Show, 8:30 p.m. Call ITT at 228-871-2231 or call Marketing at 228-871-4010 for info.



PLAN Your SUMMER FUN Now with ITT!

SHIP ISLAND EXCURSION tickets are \$24 for adults and \$15.25 for children ages 3 - 10 years old. Vouchers are good for the entire 2012 Ship Island Season (now through October 28), but will be void after the season is over. No refunds for unused vouchers.

ISLAND STRIKZ CERTIFICATES ON SALE! For \$35 get a certificate good for two hours of bowling for five people, five pairs of shoes, and a large pizza. You can also purchase a birthday certificate for \$120 which includes one hour of bowling for 10 people, shoes, two large pizzas, two pitchers of soda and a souvenir bowling pin for the birthday boy or girl.

GULF ISLANDS WATER PARK day passes for only \$18.50! You may upgrade these day passes to season passes for \$25 + tax at the water park front gate. Call 228-871-2231.

JOIN ITT AS WE TAKE A

TRIP TO GULF ISLANDS WATERPARK Aug. 19, 10 a.m. \$5/shuttle fee and \$18.50/ticket. Grab your swimsuit and go wild! Children 6 and under must be in a passenger restraint device not provided by MWR. Minimum of six, maximum of 12 people for this trip. Sign up by Aug. 15. This is a joint trip with the Liberty Center Program so space is limited. Contact ITT, at 228-871-2231 for more info.

LIBERTY'S PENSACOLA BEACH WEEKEND GET-AWAY, Aug. 24 - 26 (Staying at the Days Inn Pensacola Beach located on the Pensacola Beach. Last day to sign up is Aug. 14. ONLY \$85/person. Book now by calling the Liberty Center, 228-871-4684.

ITT HAS YOUR 2012 - 2013 SAINTS TICKETS! Tickets go on sale Aug. 3.

June 13 POOL TOURNAMENT (Liberty Center) 7 p.m., FREE

WATER GAMES (YAC) 5:30 - 8:30 p.m., Please bring a towel, FREE



June 14 KARAOKE NIGHT (Liberty Center) 7 p.m.

INTERNET AND MEDIA SAFETY DAY (YAC) 5:30 - 8:30 p.m., FREE

June 15 FATHER'S DAY ICE CREAM SOCIAL (CDC) Dad's of children currently enrolled at the CDC are invited - 2 p.m., FREE

EDGEWATER MALL TRIP (Liberty Center) 6 p.m., FREE shuttle



VOLLEYBALL CHALLENGE (Intramural Sports) Best out of 3, 12:30 p.m.

POOL PARTY AT FITNESS CENTER POOL (YAC) 6 - 9 p.m., \$4, limited to 50

June 16 HABITAT FOR HUMANITY VOLUNTEER TRIP (Liberty Center) 7 p.m., Earn an LOA

INFINITY SPACE CENTER (YAC) 10 a.m. - 5 p.m., \$5, lunch needed, limited to 30

June 17 GULF ISLANDS WATERPARK (YAC) 8 a.m. - 5 p.m., lunch needed, Only \$10, limit 30.

June 18 GROUP SWIM LESSONS (Aquatics) lessons start today!

ANGRY BIRDS (Liberty Center) 7 p.m., FREE

Monday - Friday Summer Camp Program (YAC) 6 a.m. - 5:30 p.m.

June 19 LAZER CRAZE TRIP (Liberty Center) 6 p.m., FREE

FATHER'S DAY ARTS AND CRAFTS NIGHT (YAC) 5:30 - 8:30 p.m., FREE

June 20 TENNIS BASEBALL (Liberty Center) 6 p.m., NCBC Ball Fields.

BOYS ONLY NIGHT! CAPTURE THE FLAG (YAC) 5:30 - 8:30 p.m. FREE

Naval Construction Battalion Center Helping Hands Volunteer Opportunities



4TH OF JULY FESTIVITIES - The city of Gulfport is looking for volunteers to help out at their annual 4th of July festivities. Volunteers are needed at Jones Park July 4 from 4 - 8 p.m. Contact Brittany Dyess at 228-860-4444 if you can help out.

CITY OF GULFPORT - Gulfport is hosting the Global World Series Baseball Parades to kick off the series play in July. Seven

volunteers are needed to help stage parades July 11 and July 18 at Jones Park in Gulfport. Interested volunteers should contact Brittany Dyess for details at 228-860-4444.

FOSTER CARE PARENTS Youth Villages, a private nonprofit organization dedicated to helping children and families live successfully, is looking for caring adults, single or married, aged 25 years

old and up to become foster care parents. If you are interested, please contact Jimmy Frazier at 601-572-3717 or jimmy.frazier@youthvillages.org

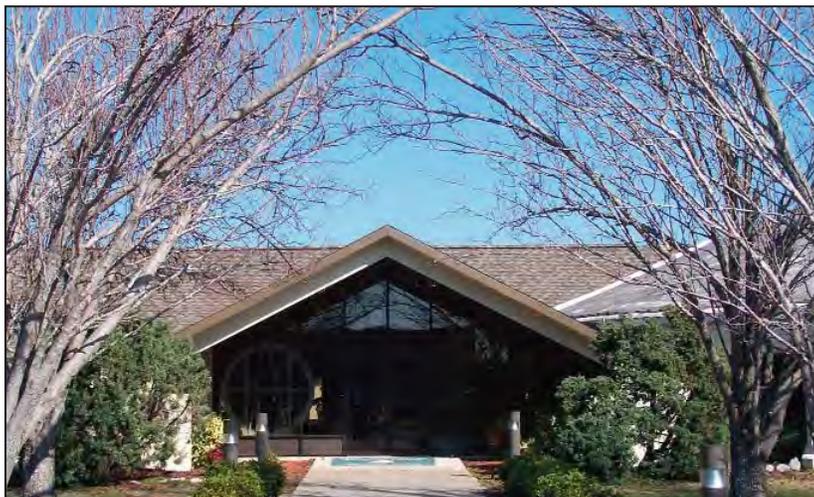
COAST SALVATION ARMY NEEDS VOLUNTEERS - Volunteers are needed for various projects throughout the year. The Ray and Joan Kroc Corps Community Center in Biloxi is always in need of assistance in the Ath-

letic Department, Fitness Center, Arts and Music Department, Aquatic Center, and marketing. Many other opportunities are available with this organization. Contact Shawna Tatge at Shawna_Tatge@uss.salvation-army.org for information.

HARRISON COUNTY YOUTH COURT - HCYC is looking for volunteers to make a difference in the life of a child. Volunteers

who are bilingual in Spanish and Vietnamese are needed. You can help by becoming a Court Appointed Special Advocate (C.A.S.A.) or volunteer to become a mentor for C.H.A.N.G.E. (Cultivating Healthy Achievements in the Next Generation of Excellence). Contact Beth Casey at 228-865-7000 if you are interested in making a difference in the life of a child.

Seabee Memorial Chapel



Center Chaplains:

Lt. Cmdr. Paul Smith, Protestant Chaplain
Lt. Yoon Choi, Protestant Chaplain
For information concerning other faith groups,
call the chapel office at 228-871-2454

Services:

Gospel Service: 8 a.m.
Sunday Catholic Mass: 9:30 a.m.
Weekday Mass: Tuesday, 11:15 a.m.
Divine Worship: Sunday, 11 a.m.
Sunday School, 9:30 a.m.



GULF COAST USO

901 CBC 3rd St., Building 114
228-575-5224

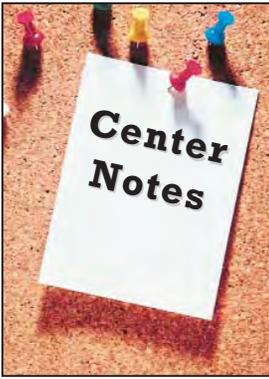
FREE Services:
Fax - Send/Receive:
228-575-5225
Copies
Snacks/Drinks

United Through Reading Program
Computers with web cams
Internet and Email Access
X-Box

Office hours:
Monday-Friday, 8 a.m. - 5 p.m.
Saturday, 11 a.m. - 7 p.m. (Closed Sunday)

Chapel Offerings:

Women's Bible Study takes place Wednesdays from 10 to 11 a.m.
LIGHT is a Young Adult Group for members of the military. Meetings are Wednesdays at 6 p.m. at the Fellowship Hall.
Seabee Pantry - Donations are now being accepted to restock the Seabee Pantry. Everyone affiliated with NCBC is eligible to draw from the Seabee Pantry.
Praise and Worship members needed - The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 11 a.m. Sundays. If you can sing or play an instrument, you are cordially invited to come share your gift.
Looking for a church? The Seabee Memorial Chapel holds services every Sunday that might just suit your needs. Protestant Services include a Gospel Service at 8 a.m., Sunday School at 9:30 a.m., and Divine Worship Service at 11 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also a Catholic Mass Tuesdays at 11:15 a.m.
 For more information, call the Chapel at 228-871-2454.



SUPPORT

Family Readiness Groups

NMBC 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmbc1frg@gmail.com.

NMBC 7 FRG remains available to assist NMBC 7 families. Although the NMBC 7 Family Readiness Group is no longer conducting general meetings, the Ombudsmen and FRG officers continue to serve the battalion's family members. For information or assistance contact the FRG at nmbc7frg@gmail.com or visit the NMBC 7 FRG facebook page.

NMBC 11 FRG For more information regarding the NMBC 11 FRG, please visit the FRG and Ombudsman website at <http://nmbc11.webs.com>.

NMBC 74 FRG All families of NMBC 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmbc74fsg@yahoo.com or visit our Facebook page at "NMBC74 Fearless FRG" for more information.

NMBC 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 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 send an email to NMBC133fsg@gmail.com. To receive updates, log on to the FRG site at <http://www.wix.com/NMBC133FSG/133fsg>

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' 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, please email noscgulfport@yahoo.com. We hope to see YOU soon!

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, Wednesday 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 & 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 for information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 to sign up.

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. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for information.

SOCIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

CBC/20SRG Second Class Petty Officers Association is seeking members. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at matthew.t.wasson@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil

son@navy.mil for information.

NCBC Multi-Cultural Diversity Committee is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude at 228-871-2454 for details.

VFW Post 3937 Long Beach is open Monday - Thursday from Noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for 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 first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMBC 62 Alumni Group

Naval Mobile Construction Battalion (NMBC) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member of the Alumni Group go to <http://nmbc62alumni.org> or for links to Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for information.

Navy Ball Committee needs help to put on this year's Navy Ball The 2012 Navy Ball Committee is looking for six volunteers to work on the committee for this year's Mississippi Gulf Coast Navy Ball. Committee members will be expected to attend monthly meetings to discuss fundraisers and ideas for the Navy Ball. If interested, contact AG1 Jordan at 228-871-3667.

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., and Saturdays from 11 a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for information.

From **QUALS** page 1

and Navy Regulations as they prepare for command. Individual student's self-awareness and leader development will also be enhanced through the 360 assessment and coaching they will receive," said Slotsky.

The new instruction also tasks affected officer communities to develop and prescribe a set of professional qualification and oral board standards that reflect the needs of their communities. Once an officer from their community has achieved the knowledge standards required, demonstrates mastery of the required skills, and sits an oral board with officers in command, community leaders will ensure their candidates receive a formal review by an administrative board.

Responsibility will no longer end at the change of command for the outgoing commander according to the

new instruction. Commanding officers being relieved by their executive officer as part of a community's "fleet up" program will be required to certify, in writing, their executive officer is ready for the demands unique to their command. This letter will be reviewed by their immediate superior in command, who will endorse the certification to the type commander or community leader prior to the executive officer assuming command.

Speaking to the benefits these changes will have for the Fleet, Vice Adm. Richard Hunt, commander, Naval Surface Forces said, "This program puts rigor back into the qualifications and requirements needed so we have our best leaders in command."

To learn more about the standards and requirements for command contained in OPNAV Instruction 1412.14, visit the Navy Personnel Command website at www.npc.navy.mil

Keesler AFB Marine Park Show and Sell Craft Show

June 16, 10 a.m. - 2 p.m.

Support military and family members as they share their handiwork and skills. Crafts, candles, photographs, tutu's, glassware, food and more! For more information, visit <https://www.facebook.com/#/1/events/285662524861979/>



United States Marine Corps 237th Marine Corps Ball

When: Nov. 10, 2012, 6 p.m.

Place: Hollywood Casino, Bay St. Louis, Miss.

Price: \$50 (per ticket)

Uniform: Marines - Blue Dress "B" or Blue Dress "A"

Army - Army Blue (Bow Tie)

Navy - Dinner Dress Blue Jacket or Dinner Dress Blue

Air Force - Mess Dress, Civilians - Black Tie

See I&I First Sergeant, 1st Sgt. Coston, building 114 (NOSC) or call 228-871-3104



NCBC Gate Hours

Pass Road: 24 hours, 7 days a week

Broad Avenue: 5 a.m. - 5 p.m., Monday -Friday and 9 a.m. - 5 p.m., Sat/Sun and Holidays

28th Street: 5 a.m. - 5 p.m., Monday-Friday and 5 - 7 p.m., Outbound Only

Commission Road: CLOSED