



Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES

Vol. 49 No. 08

Naval Construction Battalion Center, Gulfport, Mississippi

April 26, 2012

Stop the Presses! Seabee Courier goes digital!

By NCBC Public Affairs

With this issue, the Naval Construction Battalion Center (NCBC) Public Affairs Office (PAO) has published its last hard copy edition of the bi-weekly Seabee Courier newspaper. Beginning May 9, the all new weekly digital E-Courier will be online.

The Seabee Courier newspaper has been in existence in hard copy form since July 29, 1966. Over the years multiple publishers have produced the Courier; however, with overall readership sliding and the advent of electronic media, the time for change has come.

With the new weekly version, news content will be fresher and more appealing to what will hopefully be a larger audience. It will still contain everyone's favorite areas. NCBC PAO is hoping to capitalize of the use of Apps for smart phones and other emerging technologies.

Since January 2009, NCBC PAO has created multiple new avenues in which to get news and information. The command Facebook page has more than 5,250 likes (or fans). That number doesn't include the people who view the page without "liking" the page. It reaches more than 10,000 people a month. The command Twitter page has more than 1,000 followers. The base website has between 1,500 to 2,500 visitors



The cover of the first Seabee Courier published July 29, 1966 is shown on the left side of the photo. The right side of the illustration symbolizes the march into the future that the Seabee Courier will take as it goes digital. Customers who would like to be added to the eCourier distribution list should send an email to seabecourier@navy.mil. (U.S. Navy illustration by Rob Mims/Released)

weekly. All Hands Emails reaches the majority of the installation population and many others who sign up to receive it. The base marquees reach all personnel who have access to the installation. And, just launched in January, the Commanders Access Channel, on Cable One channel 87, is essentially available to all personnel who have access to the

installation. NCBC PAO hopes to increase content to make the channel a go to place for news and information.

Less than 10 percent of the population gets some of their news from the Seabee Courier. It is believed that readers are or can get base news via other means. In addition, the costs associated with the pro-

duction of the paper do not justify its continued production.

NCBC PAO is confident the impact of stopping production of the Seabee Courier in hard copy form will free up some assets and enable more emphasis on emerging media production. NCBC PAO apologizes for any inconvenience the discontinuation causes.

Stay up to date: Seven ways to Bee in the Know!

Clip this and hang it on your fridge or near your computer

- 1. Seabee Courier** base newspaper - If you wish to have a digital version e-mailed to you weekly, please send your request to: seabecourier@navy.mil or
- 2. View it on the base website** - Base Website (updated daily) at: <https://www.cnbc.navy.mil/Gulfport>
- 3. Facebook**(updated daily) at <http://www.facebook.com/> - Search Naval Construction Battalion Center
- 4. Twitter** (updated daily) at <http://twitter.com/#!/SeabeeCenter>
- 5. Inside the Gate**- View it at <http://www.cnbc.navy.mil/gulfport/NewsAndCurrentInfo/NewsArticles/InsidetheGate/index.htm>
- 6. All Hands Email** - send add requests to ncbc_gpt_pao@navy.mil
- 7. Commanders Access Channel** - Cable One channel 87

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NMCB SEVENTY FOUR
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Skipper's Log

It's your duty - be an active bystander



By Capt. Rick Burgess
 CO/CBC/CDR 20TH SRG

April is Sexual Assault Awareness Month and this year's message is, "Hurts One, Affects All." Through the course of the month, we have conducted training for all our military personnel to get the word out – sexual assault is not acceptable in our Navy. Anyone who chooses to violate another's personal dignity in this manner will be held accountable.

Now, I'm confident that most of our sailors don't endorse or condone sexual assault. They understand the Navy Core Values and do their best to live them out every day, both at work and on liberty. If you are in this group, I commend you! Your core values make our Navy strong. So what can you do to help?

I suggest three simple things: Stick together, watch your alcohol and be an active bystander.

When you are out on liberty, don't forget the basic principle that there is strength in numbers. If you are headed out to the town, go with a "battle

buddy" or more than one, and stay with them!

If you choose to drink, take it easy. Alcohol lowers your guard and degrades your judgment. There are far too many people who wake up the next morning and regret their choices and actions of the night before. Keeping a rein on how much you drink may save you this headache.

Finally, be an active bystander. If you see a situation that looks like it may result in trouble, intervene! Be an active bystander who is willing to step in before trouble happens. This is your duty to your shipmate. Many times, your best action will be to call it a night and head for home – with your battle buddy, of course!

In the event that you or someone you know suffers a sexual assault, there is help available. Every command has designated a victim advocate who is trained to respond in a sexual assault situation to provide support and assistance. You can also contact the DoD Safe Helpline at 877-995-5247 or on the web at www.safehelpline.org. The Helpline provides confidential, 24/7 support. If the victim chooses, they may make a Restricted Report of an assault – they can receive medical and counseling assistance without disclosing their name to the chain command or law enforcement.

Sexual assault has no place in our Navy; our goal is ZERO sexual assaults. I ask you to do your part to make that goal a reality.

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.

President praises leaders for new Sexual Assault Policies

By John Vaceanu
 American Forces Press Service
 President Barack Obama released a statement April 23, praising the Defense Department's senior leaders for issuing new policies designed to combat sexual assault in the military. "I applaud the initiatives that Secretary of Defense Leon E. Panetta and [Army] Gen. Martin Dempsey, the chairman of the Joint Chiefs of Staff, have announced to further combat sexual assault in the military," Obama said in the statement. Under new policy guidance issued by Panetta on April 20, unit commanders at the company or squadron level no longer have authority to decide whether to take further action in reported cases of attempted rape, forcible sodomy or sexual assault. Defense officials said the new policy will allow more experienced and less partial officers to make the initial decision on whether a sexual assault case goes to trial, and it will add consistency to how such cases are



handled. "Elevating these cases to a higher level of command review is a very important step," Obama said. The president said he believes sexual assault has no place and in the military, and service members "deserve an environment that is free from the threat of sexual assault, and in which allegations of sexual assault are thoroughly investigated, offenders are held appropriately accountable, and victims are given the care and support they need." Obama expressed his appreciation for the senior leaders' attention to the issue. "I thank Secretary Panetta and Chairman Dempsey and look forward to seeing continued progress on this important issue," the president said.

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.

Around the Center



Commander, Navy Installations Command (CNIC) Vice Adm. William French offers his personal coin to a Sailor attached to Naval Construction Battalion Center (NCBC) before sitting down to breakfast at the Colmer Dining Facility with Sailors of the Quarter and Sailors of the Year during his NCBC tour, April 13. French visited many facilities on the installation during his first visit to NCBC since taking command. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Dee Dee Guilliams displays the plaques from her selection as Parent of the Year 2011/2012. Guilliams was selected as 28th Street Elementary School and Gulfport School District Parent of the Year during a school board meeting held April 2. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Navy mom selected as Parent of the Year

By MCC (SCW) Ryan G. Wilber
NCBC Public Affairs

Dee Dee Guilliams, wife of Lt. Rob Guilliams, a Navy chaplain assigned to Naval Construction Training Center (NCTC) Gulfport, was selected as 28th Street Elementary School and Gulfport School District Parent of the Year for school year 2011/2012 during a school board meeting April 2.

The mother of four became involved in the 28th Street School when two of her children, who were previously homeschooled, became students there. She now serves as Treasurer for the Parent-Teacher Association and a weekly volunteer for the Healthy Cart Program, as well as a volunteer for many other school activities.

"Dee Dee is an active part of the student's lives here at 28th Street Elementary. She volunteers numerous hours of her time and talent to school programs and we greatly appreciate her support," said Lea Vellon, 28th Street Elementary

School principal.

Guilliams, the daughter of a retired U.S. Air Force captain who spent many years of her childhood in Mississippi, graduated from Biloxi High School before going on to college. She said she has enjoyed meeting the kids while volunteering and was quite surprised at her selection.

"I was very surprised. It made me feel good and honored to be selected," said Guilliams.

The transition from home-school to public school can be a difficult transition for both children and parents. Guilliams said she is appreciative of the school staff for making the transition an easy one for her and her children.

"I would like to thank the teachers and administration at 28th Street Elementary for how much they do for the kids and how comfortable they have made me feel with my kids there after homeschooling for so long," said Guilliams. "I really appreciate that."

Master-At-Arms 2nd Class Rodolfo Gallardo, assigned to Naval Construction Battalion Center (NCBC), Security Department, reunites with his daughter during a surprise homecoming at the Child Development Center on board NCBC. Gallardo returned to his family after a nine-month Individual Augmentee deployment to Guantanamo Bay, Cuba. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Capt. Stan Wiles, executive officer Naval Construction Battalion Center (NCBC), assists customer Mercy Telavera, an employee with the MWR Fitness Center, as she shops at the Navy Marine-Corps Relief Society (NMCRS) Thrift Shop on board NCBC, April 20. Capt. Wiles is participating in an active duty fund-drive to wash the Seabee. For \$50 an hour the XO is willing to do anything within reason to raise money for the organization. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson)



Capt. Rick Burgess (right), commanding officer Naval Construction Battalion Center (NCBC) /commander 20th Seabee Readiness Group (SRG), and Diversity Committee members, Builder 1st Class Jerma Cloude, Logistics Specialist 1st Class Latoya Rogers, and Construction Electrician 2nd Class Fayette Clark, participate in a Holocaust Remembrance ceremony at the Colmer Dining Facility on board NCBC, April 19. The Remembrance was held to honor the six million Jews killed by the Nazis in World War II. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



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NBHC Gulfport CPO Mess Inaugurated

By MCC (SCW) Ryan G. Wilber
NCBC Public Affairs

Chief Petty Officers (CPOs) assigned to Naval Branch Health Clinic (NBHC) Gulfport inaugurated a new CPO Mess during a ceremony held on board Naval Construction Battalion Center (NCBC) Gulfport, April 11.

According to tradition, the Chiefs' Mess, or "Goat Locker," is a lounge, sleeping area and galley on board a Navy vessel, which is reserved for the exclusive use of CPOs. All other personnel, including officers and even the Commanding Officer must request permission to enter. It is a place set aside for Chiefs to conduct business and build camaraderie.

The mess was dedicated in honor of World War II and Vietnam War veteran Senior Chief Builder (Ret.) Bob "Builder Bob" Brown. Brown, a resident of the Gulfport Armed Forces Retirement Home, was one of the original "Fighting Seabees" after their



From left, Naval Branch Health Clinic (NBHC) Senior Enlisted Advisor Master Chief Hospital Corpsman Fred Kasper, Senior Chief Builder (Ret.) Bob Brown, NCBC Command Master Chief Wade Hawk and Pensacola Naval Hospital Command Master Chief Douglas Sprague, cut the ceremonial ribbon to the NBHC Chief Petty Officers' Mess on board Naval Construction Battalion Center, April 11. The NBHC CPO Mess was dedicated in honor of World War II and Vietnam War veteran Bob Brown, and inaugurated in conjunction with the Year of the Chief. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

1942 founding by Adm. Ben Moreell.

"It is a privilege to have my name, even though I am the

'Old Goat,' be used in your Chiefs' Mess. It is an honor and privilege to be here today. Thank you all very much,"

said Brown.

The CPO Mess grand opening was in conjunction with the U.S. Navy Memorial Foundation's (NMF) Year of the Chief. The U.S. NMF has designated 2012 as the Year of the Chief to shine a nationwide spotlight on the history and contributions of our Navy's CPOs in honor of all CPOs who have served, past and present.

NBHC Gulfport Senior Enlisted Leader Master Chief Hospital Corpsman Fred Kasper said he has been working on establishing a mess for his Chiefs since arriving at the command, and in light of the Year of the Chief, the time was right to make it happen.

"Even though today is 11 April, we actually pushed our date back from our actual establishment date of 1 April to mark the Year of the Chief, but to also mark the 119th birthday of the Chief Petty Officer," said Kasper.

Kasper said the establishment of a CPO Mess at NBHC Gulf-



Senior Chief Builder (Ret.) Bob "Builder Bob" Brown port will demonstrate Navy customs and traditions to the command's junior officers and enlisted.

"Chiefs have a job like no other in the military. It's important that junior Sailors see that, it's important that junior officers recognize that, and it's important that the chiefs are able to reinforce that, because it puts them in a better position to pass that tradition on to those that are seeking to be at that level," said Kasper.

Save the date . . . May 11 - SAME (Society of American Engineers) Semi Annual Scholarship Golf Tournament, Bay Breeze Golf Course, Keesler Air Force Base, 1 p.m. start, with lunch at Noon. \$60 per player or \$220/4 person team, with lunch included. Register at: <http://www.samegulfcoasttournament.com>



To Bee or Not to Bee . . .



Bee Wash, that is! May 17

11:30 a.m. - 12:30 p.m. NCBC Parade Field

Come out for the annual Bee Wash fundraiser for Navy-Marine Corps Relief Society

Contact

Alice Huffman, 228-8871-2483 to donate towards someone washing the Bee or to nominate someone for the honor!

All donations benefit our Seabees, Sailors and Marines through NMCRS programs

AD SPACE

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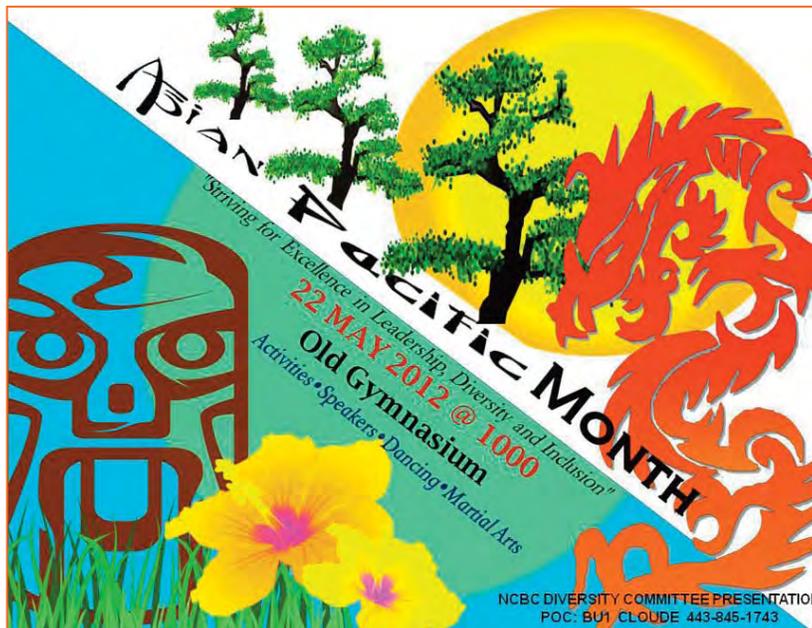
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**Celebrate Asian Pacific
American Heritage
May 22, 10 a.m.,
Old Gym**

Sponsored by the NCBC Multi Cultural Diversity Committee

The Naval Construction Battalion Center (NCBC) Multicultural Diversity Committee is looking for new 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 443-845-1743 for more information.



Rear Adm. Mark A. Handley, commander First Naval Construction Division (1NCD) presents the Fiscal Year 2011 Atlantic Fleet Naval Construction Force Battle "E" Active Battalion award to Naval Mobile Construction Battalion (NMCB) 1, Command Master Chief (SCW/FMF) Mark Thomas, at a ceremony March 29 on board Naval Construction Battalion Center (NCBC). This is NMCB 1's 12th Battle "E" Award since the Battalion was commissioned in 1942. (U.S. Navy photo by Mass Communication Specialist 1st Class Aron Taylor/Released)

'First and Finest' of NMCB 1 capture Atlantic Battle 'E'

By MC1 (NAC/AW) Aron Taylor
NMCB 1 Public Affairs

First Naval Construction Division (1 NCD) announced its selection of Naval Mobile Construction Battalion (NMCB) 1 as the Fiscal Year 2011 Atlantic Fleet Naval Construction Force Battle "E" Active Battalion, Dec. 22 adding an exclamation point to an already successful year for the command. The award was formally presented to the battalion by Rear Admiral Mark A. Handley, commander First Naval Construction Division (1NCD) in a ceremony held on board Naval Construction Battalion Center (NCBC) March 29.

"You demonstrated exceptional knowledge and expertise carrying out your mission, taking care of your personnel and equipment, and fostered pride during combat operations, in support of Operation Enduring Freedom and Operation New Dawn," said Rear Adm. Mark A. Handley, commander of 1 NCD. "The overall performance of Naval Mobile Construction Battalion

1 during this year can only be described as outstanding," said Handley.

NMCB 1 returned to its Gulfport, Miss., homeport in January 2012 after a successful seven-month deployment to four sites in the Central Command Area of Responsibility (CENTCOM AOR).

"The First and The Finest" were spread all over CENTCOM totaling 31 dispersed locations supporting counterinsurgency operations, improving force protection, enhancing freedom of movement and improving quality of life for U.S. and Coalition Forces.

"This award is a direct reflection of how our Seabees went into arduous conditions under enemy fire in many locations and got the job done," said NMCB 1 Commanding Officer, Cmdr. Michael Saum. "NMCB 1 performed. Across the board, NMCB 1 met or exceeded all goals and expectations."

This is NMCB 1's 12th Battle "E" award since the Battalion was commissioned in 1942.

SW2 (DV) Robert D. Stethem Award



Rear Adm. Chris Mossey, far right, Commander and Chief of Civil Engineers, and retired Rear Adm. Ben Montoya, far left, Chairman of the Board of Trustees, CEC/Seabee Historical Foundation, present the SW2(DV) Robert D. Stethem Award to Chief Builder (SCW) Michael B. Hathaway, Naval Mobile Construction Battalion (NMCB) 1, and his wife, Jennifer, at the 2012 Anniversary Ball, Crystal Gateway Marriott, Arlington, Va., March 17. (U.S. Navy photo/Released)

SAME selects Moreell Award winner

By 1st Naval Construction Division Public Affairs

Lieutenant Commander Joseph D. Harder III was recently named the winner of the 2011 Moreell Medal for his performance as Operations Officer for Naval Mobile Construction Battalion (NMCB) 11 and as Operations Officer for the 30th Naval Construction Regiment (NCR).

The award is given annually by the Society of Military Engineers to an officer in the Civil Engineer Corps or to a civilian employee of Naval Facilities Engineering Command (NAVFAC) in recognition of outstanding contributions to military engineering.

While serving with NMCB 11, Harder was in charge of 15 battalion sites throughout the Pacific region, totaling \$30 million worth of construction. His direct



Lt. Cmdr. Joseph D. Harder III

efforts significantly enhanced host nation relations in the countries where his Seabees were operating.

As Operations Officer for 30th NCR, he led operations for Task Force Forager (TFF), the engineer command for the South, Southwest and West regions of Afghanistan. This task force included more than 4,500 joint engineers. He led efforts in construction of new Forward Operating Bases

(FOBs), Combat Outposts (COPs), COP/FOB expansions, road repair and improvements, and runway construction and repairs. During his watch, TFF completed 210,000 square meters of berthing, command and control, maintenance and intelligence space; 21,000 meters of new force protection berm and hesco barriers; 115 kilometers of road construction and repair; and nearly 662,000 square meters of earthwork.

"Lieutenant Commander Harder distinguished himself with superior performance in two different geographic combatant command areas of responsibility and is an outstanding representative of the legacy of Admiral Moreell," said Rear Adm. Christopher J. Mossey, commander NAVFAC.



SAAM: NMCB 11 Det. Dwyer Seabees Raise Awareness with Basketball Tournament

By Marlene M. Houghbedji
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 joined U.S. Navy efforts to raise awareness on sexual assault with a detail-wide basketball tournament on April 20.

"We can't really do a fundraiser or anything fancy like they are back home, right now, but it's important to take a day out of our week to do it," said Equipment Operator 1st Class Charles E. Bernard, Sexual Assault Prevention and Response (SAPR) representative. His statement kicked off three hours of competition between eight teams.

The tournament, which was initially scheduled as team-building entertainment by Morale, Welfare, and Recreation representative Equipment Operator 3rd Class Carmen P. Rivera, from Naples, Fla., was repurposed as a Sexual Assault Awareness Month event.

Having participated in several in-class training sessions on sexual assault prevention before and during the month of April, the Seabees' willingness to also dedicate an event to the cause while on their only weekly half-day off was a clear display of support for the program.

"It was a fun day to drop the battle rattle, relax and build team cohesion while recognizing the Navy's commitment to sexual assault awareness and prevention," said participant, Utilitiesman 1st Class Emily A.

Fowler, from Derry, N.H. "It's great to see the troops have a little fun

after a lot of hard work."

Of the eight, three-member teams signed-up, two remained after an eliminator process, pitting chiefs and officer-in-charge against troops several years their junior.

"Age almost prevailed where nearly the entire detail participated," said Construction Mechanic Chief Robert R. Crespin, of Price, Utah., after his team of older players beat two others to compete in the final game and won second place.

Following the release of the 21st Century Sailor and Marine, the focus of which is to maximize Sailor and Marine personal readiness, Navy-wide efforts to build resiliency and increase effectiveness have, by and large, reached new heights. This year thus marks a renewed interest in the impact of sexual assault on troop readiness and performance as the Navy kicked-off a month-long, highly publicized campaign on the theme of 'Hurts One, Affects All.' Prevention of Sexual Assault is Everyone's Duty.'

Equipment Operator 3rd Class Carmen P. Rivera, who initiated the tournament, considered the event a great way to improve cohesion and morale. "It is also a fun way to raise awareness on a very serious topic at all levels of our local chain of command," she said.

Sexual Assault Prevention and Response is an important element of the readiness area of the 21st Century Sailor and Marine initiative

See SAAM page 28

NMCB 74 Hike for KaTREEna



NEW ORLEANS, La.- Construction Mechanic 1st Class Erica Tanner, assigned to Naval Mobile Construction (NMCB) 74, signals for a pause in drilling during the Hike for KaTREEna community service project, April 16. The War of 1812 Bicentennial Commemoration in New Orleans is part of a series of city visits by the Navy, Coast Guard, Marine Corps and Operation Sail beginning in April 2012 and concluding in 2015. New Orleans is the first and the last city visit in the series. (U.S. Navy photo by Mass Communications Specialist 1st Class/Kenneth W. Robinson/Released)

Best of NCTC Builder class



Chief Builder (SCW/EXW) Elvin Silsby presents the Honor Graduate certificate to Builder Constructionman Brian Sandoval of Naval Construction Training Center (NCTC) Gulfport Builder "A" School Class 12220 at a graduation ceremony held on board Naval Construction Battalion Center (NCBC). (U.S. Navy photo by Engineering Aide Constructionman Andrew Chubb/Released)



Senior Chief Builder (SCW) Joseph Daniel presents the Military Excellence Award to Builder Constructionman Apprentice Brooke Schwartz at the graduation ceremony for Builder Class 12220 held at Naval Construction Training Center, Gulfport on board Naval Construction Battalion Center (NCBC). (U.S. Navy photo by Engineering Aide Constructionman Andrew Chubb/Released)

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SAAM: Walk a Mile in Her Shoes raises awareness



Left: Participants in the inaugural Walk a Mile in Her Shoes: The International Men's March to Stop Rape, Sexual Assault and Gender Violence held April 17 in Biloxi are shown during the event. Designed to be a light-hearted way to draw attention to a difficult issue, the March drew men from Naval Construction Battalion Center (NCBC), Keesler Air Force Base (KAFB), Ocean Springs Hospital employees, the Biloxi Police Department and others interested in drawing



attention to the national problem. **Right:** Royal Vichi (Center for Naval Aviation Technical Training Unit (CNATTU Keesler), AT1 Darius Sayers (CNATTU Keesler), LaTasha Banks (Sexual Assault Response Coordinator (SARC), NCBC Gulfport) and Tom Fowler (CNATTU, Keesler) were among the participants of the inaugural Walk a Mile in Her Shoes march to raise Sexual Assault and Prevention Awareness April 17 in Biloxi. (Courtesy photo)

Coast men put their best foot forward at the first Walk a Mile in Her Shoes: The International Men's March to Stop Rape, Sexual Assault and Gender Violence, held on the Mississippi Gulf Coast April 21.

Sponsored by the Gulf Coast Women's Center for Nonviolence, more than a dozen military and civilian men took the challenge to walk a mile in downtown Biloxi to bring the problem of gender violence to the attention of the community. The entire month of April has been filled with events designed to focus attention on the problem of sexual assault. Activities held earlier in the month include a golf tournament, a Texas Hold'Em Poker Night.

The Naval Construction Battalion Center (NCBC) Sexual Assault Prevention Response team presented "Sex Signals," an improvisational show aimed at sexual assault prevention to military and civilian personnel on board the Center April 25. Later that day, supporters attended a Proclamation Signing at the Fleet and Family Support Center (FFSC).

The positive action continues April 26 with "Denim Day." All civilian employees on the Center are asked to wear denim to signify support of sexual assault awareness and prevention.

For more information, contact LaTasha Banks, Sexual Assault Response Coordinator (SARC), 228-871-3000.

**NCBC Gulfport Sexual Assault 24/7 Crisis Line:
228-596-0697**

Spring Case Lot Sale & Family Fun Fitness Festival NCBC Gulfport Commissary April 27 - 29



Have family-sized fun and save up to 50% or more at the Commissary Case Lot Sale!

Family Fun Fitness Festival a 'Must Visit' for Savings, Excitement

Family Fun Fitness Festival events roll out the ultimate red carpet in military resale and fitness, says the Defense Commissary Agency's director and CEO.

"All the festive activities and product savings will definitely make these events worth the trip for our patrons," says Joseph H. Jau. "With rising gas prices, partnerships such as these make the installation an even better choice to find everything in one location."

For the third straight year, military communities will be one-stop shopping for commissary case lot sales, Exchange sidewalk sales, and various Morale, Welfare and Recreation fitness activities, demos and music events, complete with industry-sponsored nutritious food samples, prize giveaways and discount coupon offers.

Buzz on the Street



By UTCN Daneia Johnson
NCBC Public Affairs

What do you enjoy most about your job/rate?



"I enjoy being able to see different places in the world and have gained a lot of experience in my rate."

ET1 (SW) Henry Dixon
25TH NCR
Hometown: Moultrie, Ga.



"I work in a good environment and I like getting paid for the work I enjoy."

EO3 (SCW) Aaron Green
NMCB 133
Hometown: Cleveland, Minn.



"I enjoy carpentry and building."

BUCN (SCW) Richard Stone
NMCB 1
Hometown: Leesburg, Ala.

NCBC FRAMES

Logistics Specialist 2nd Class (SCW) William Powell
20th SRG

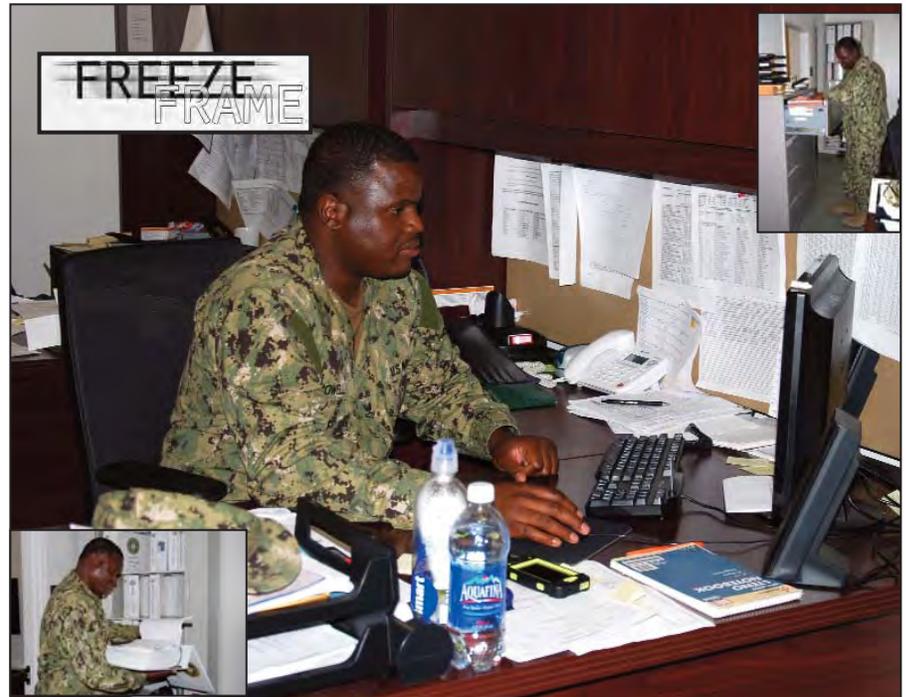
By BU3 (SCW) Cassie Locke
NCBC Public Affairs

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

LS2: I would have to say when I reported to my first command the USS NASSAU LHA4. Being new to the Navy, I had never been on a ship that size and seeing it out of the water and in dry dock was an experience that I will never forget.

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

LS2: Being away from my family and knowing how excited they would be to see me after I return.



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

LS2: I would tell them to believe in the Lord and yourself and there is nothing

that you can't do in life.

FF: What is your favorite thing about working with the Seabees?

LS2: I would say making sure they

have the proper gear and supplies they need for FEX.

FF: Who was your most influential mentor during your career, and why?

LS2: My LPO, be-

cause, no matter what I was going through he was always there to encourage me and lead me through my Navy career.

Seabee Days 2012, May 5, 9 a.m. - 4 p.m., Parade Field . . . Don't miss it! Visit <http://www.seabeebay.org/>

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SEABEE DAY 2012



Naval Construction Battalion Center
Gulfport, Mississippi

Food

Exhibits

Games

Saturday
May 5, 2012
9 a.m. to 4 p.m.
Free Community Event
Open to the Public
www.seabee.org

Fun for the whole family!

Join us for Free Carnival Rides, Great Food,
 Mountains of Military Displays,
 Free Kids Play Area
 Petting Zoo, Music and More!

Free Parking



Enter the base via the Pass Road Gate
and follow the signs to free parking.



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Health Watch: Energy Drinks and Your Teeth

By HM1 Marlena Cox
Naval Branch Health Clinic
Gulfport

Does the sound of “the drill” send shivers down your spine? Does the sight of metal instruments and sharp needles make you cringe? Well, the damage that energy drinks can cause to your teeth is sure to land you a spot in the one of the most feared places in any clinic . . . the dental chair.

The consumption of energy drinks has been on the rise for the last 10 years and many people look forward to getting that extra kick throughout the day. While these highly caffeinated, sugary drinks will indeed add a

shot of oomph to your day, researchers have found that the long term health complications from these drinks can be quite profound.

According to the American Dental Association, some cans or bottles of energy drinks have more than 500mg of caffeine, the equivalent of 14 cans of sodas.

Energizing drinks contain very strong acids that affect the pH levels in an individual’s saliva, which in turns causes the breakdown of tooth enamel, the protective outside covering of a tooth and the hardest substance found in the body. Phosphoric,



citric, malic, and tartaric are the most destructive acids found in energy drinks. Many cola-based soft drinks may also contain phosphoric or citric acids, but energy drinks have extra additives and organic acids that speed up the process of tooth erosion. These organic acids are extremely powerful and will also aide in the

breakdown of calcium in a person’s tooth.

Once the calcium in the tooth is deteriorated, a person is more susceptible to diseases of the gum. And because energy drinks are liquid, areas of your teeth are penetrated where food

might not lodge. Even if you brush and floss regularly, and see the dentist for regular check-ups, the erosion of your enamel may be too great to prevent cavities.

All is not lost however. A single energy drink may not cause as much damage to your teeth, but there are precautions to take if you are consuming these drinks on a regular basis. It is better to consume these drinks as quickly as possible, rather than sipping them for long periods of time. This minimizes the time the drink stays on your teeth. Avoid swishing the drink around in your mouth and use a straw



whenever possible.

According to researchers, refrigerated drinks reduce the amount of erosive potential, so consume energy drinks while they are still cold. Follow the energy drink with a glass of water, or rinse your mouth out with water immediately afterwards to help rinse away any potential acid or sugar that may linger.

Want your own copy of the Seabee eCourier? To subscribe to the Seabee eCourier, send an email to seabeescourier@navy.mil

Calling all Babies !

It’s a casting call for babies, and the only acting talent required is the ability to sit up unassisted and look at a camera.

Babies from 9 to 18 months are needed for a professional photo shoot from 10 a.m. to noon, April 30, at the Ohr O’Keefe Museum of Art in Biloxi.

Photos will appear in nationwide publicity for the opening of the City of Biloxi Center for Ceramics at the museum.

No fancy costumes needed, only a diaper.

Individual baby photos will be made, and parents will receive a free photo from the shoot.

For more information, call 228-671-9065 or email br@brhawkins.com.

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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; EA2 Potamitis at marios.potamitis@navy.mil; or visit www.facebook.com/seabee.diver for more information

Postal Note . . . The Contract Post Office will be closed May 5 due to Seabee Day. If you have any questions, please contact the USPS Contract Officer Supervisor, Abeena Jones at 228-871-2258.

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NPC Website: A One-Stop Shop for Navy Sailors

By MC3 Andrea Perez

NPC Public Affairs

The Navy Personnel Command (NPC) website, hosted at www.npc.navy.mil, contains links to guidance and policy, programs, pay and benefits, Navy messages, stories and much more, officials reminded Sailors March 28.

"Our objective is to provide Sailors and their families with a one-stop shop for all Navy-related information and to get answers to their questions in a centralized location," said Lt. Jon Williams, functional website manager, NPC communications.

According to Williams, the NPC website is the second most visited Navy website and more than 85 percent of the Navy's web content can only be found here.

The website contains more than 2,500 pages, 15,000 documents and registers nearly one million visits per month.

The Reference Library section, which contains U.S. Navy forms and instructions and DoD directives and publications, receives the most active visits every month. In February, the NAVADMIN 2012 page was the most popular page accessed on the website and received more than 100,000 views.

The Knowledge Base is another valuable feature on the NPC website and was created to supplement the NPC Customer Service Center (CSC). A Sailor can always call or email the CSC for information, but also has the ability to go to www.npc.navy.mil to research and answer his or her own questions online 24/7.

The Knowledge Base can be accessed from anywhere in the world. Sailors, retirees and their families can ask any question they want to about the Navy. The system uses keywords to generate a solution to their question.

Sailors can access the Knowledge Base by visiting the NPC website and clicking on the 'Ask NPC a Question' icon in the upper right corner of the page.

"Our ultimate goal is to provide Sailors and their families with current and reliable web content, so they can make informed career and life decisions," said Williams.

April is National Sexual Assault Awareness Month
Sexual Assault Hurts One. Affects All. Sexual assault victims are our Shipmates!
Sexual Assault impacts readiness and combat effectiveness!
Sexual Assault Prevention is Everyone's Duty! Sexual Assault will NOT be tolerated!

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FOCUS on EDUCATION

Seabees volunteer for Fun Fair



Construction Mechanic Constructionman Stoney Wall, a volunteer from Naval Mobile Construction Battalion (NMCB) 133, left, demonstrates how to safely negotiate the Sack Race event for Lyman Elementary school students. The sack race was one of nine events held during the school's Fun Fair. (U.S. Navy photo by Religious Programs Specialist Seaman Jacob Valle/Released)



Construction Mechanic Second Class Demicrick Jacobs, a volunteer from Naval Mobile Construction Battalion (NMCB) 133, Passes out balloons to the students at Lyman Elementary School for the Balloon popping contest. Volunteering at area schools is one way that service members connect with communities worldwide. (U.S. Navy photo by Religious Programs Specialist Seaman Jacob Valle/Released)

April is Child Abuse Prevention Month



In our country a child is abused or neglected every 36 seconds. One child being abused is one child too many. The impact of child abuse can be profound and casts a shadow the length of a life time. Our children are our best hope for the future and it is crucial that we keep them safe and protected.

Need assistance with local schools?

Contact NCBC
School Liaison

Officer Kevin Byrd at:
MWR building 352 1706
Bainbridge Ave. NCBC
228-871-2117

email: kevin.r.byrd@navy.mil

133 Seabee Veterans Association Scholarship Opportunity

The members of 133 Seabee Veterans Association is awarding two \$500 college scholarships to Seabee family members who have sponsors attached to Seabee battalions homeported in Gulfport.

Scholarships awarded will be based upon an original essay on the Constitution of the United States. Candidates are asked to develop an overview of the Preamble, and also develop Articles 1 - 5 of the Bill of Rights and display an

understanding of each means and also do the same for Articles 13 and 19. Each Article must be included in the essay.

Deadline for submitted essays is June 30, 2012. Scholarships will be awarded to the two winners within 40 days of the deadline. Essays should be typed and submitted to David. M. Snitchler, 133 Seabee Veterans Association, 3514 Florence Street, Binghamton, NY 13903.

Lynn Meadows to host Navy Night . . .

In honor of Child Abuse Prevention Month and Month of the Military Child, the Lynn Meadows Discovery Center will be hosting "NAVY NIGHT" April 28, from 5 - 8 p.m. All Navy families across the Coast are invited to visit the Center for this NO COST event with plenty of free food and drinks. "Frog and Toad" from the children's book series will be there to greet your child. Come on out Seabee families and show your support! Contact Fleet and Family Support Center at 228-871-3000 for details.

Civilian Federal Employees Retirements/Benefits Webinars

Federal Long Term Care Insurance Program (FLTCIP) partners are offering the following informational webinars:

- A Forum on Caregiving/ May 3, 2 - 3 p.m., EST
- Retirement Planning for Women/ May 10, 2 - 3 p.m., EST
- FEGH, FEGLI, FLTCIP, FSA, FEDVIP - it's all alphabet soup/ June 19, 2 - 3 p.m., EST
- Retirement Planning for Singles/ July 12, 2 - 3 p.m., EST

To register, go to <https://www.ltcfeds.com/webinar/index.html>. You may also view a previously recorded webinar at this same Web site.

Area Off Limits Locations

- Biloxi:** YaYa's, 2623 Pass Road
- Gulfport:** Herbal Alternatives, 1909 East Pass Road and Herbal Alternatives, 11530 Highway 49
- Pascagoula:** Bunk Small Apartments, 708 South Pascagoula Street
- D'Iberville:** Guitars and Cadillacs, 4031 Popp's Ferry Road
- Ocean Springs:** Pugs, 6213 Washington Ave.

Current "off-limits" establishments are agreed upon and approved by local Armed Forces Disciplinary Control Board. Service members are ordered not to enter or patronize these off-limits establishments or their locations. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

Seabees team up to spruce up New Orleans park during Navy Week

By MC1 (SW/AW) Steven Myers
NMCB 133 Public Affairs

Seabees from Naval Mobile Construction Battalion (NMCB) 133 converged on the New Orleans City Park April 16-17 to help renovate and landscape during New Orleans Navy Week.

As the 26 volunteers arrived at the park, they were joined by members from NMCB 1 to clear weeds and spread pine straw mulch among the many flower beds in the Carousel Gardens amusement park and Storytime play area and plant of 250 hawthorn bushes along the edge of the Great Lawn.

Steve Ryman, the park's volunteer director, said extra hands are always welcome as the 1,300 acre park is only staffed by 85 employees.

"We only have eight horticulturists," said Ryman. "Four of them work inside the botanical gardens; the others are responsible for the rest of the park. What you did here in a couple of hours would have taken them the entire week."

Ryman said they have been looking forward to the horde of volunteers from the Navy who would be showing

up in association with the Navy Week.

They have several large projects that other volunteer groups are not able to do, Ryman said. "The drive and work ethic from our service members is exactly what we needed."

More than 400 military volunteers are expected to make the park their home during the week as the projects continue.

"It makes an impact," said Equipment Operator Constructionman Sara Bills from NMCB 133. "It's apparent people appreciate it."

NMCB 133's volunteers will participate in several other volunteer opportunities as the week progresses, but will return to the park for a third day, April 19.

During their absence, NMCB 74 and NMCB 1 will maintain the Seabees presence in the park, as more volunteers from the military ships participating in Navy Week arrive.

NMCB 133 is currently engaged in a homeport training period in preparation for their next deployment.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.



Left: Utilitiesman 2nd Class William Dean of Naval Mobile Construction Battalion (NMCB) 133 spreads pine straw mulch in a flower bed at the Carousel Gardens amusement park in New Orleans City Park April 16. Volunteers worked in the park as part of their New Orleans Navy Week activities. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

Below: Volunteers from Naval Mobile Construction Battalion (NMCB) 133 and NMCB 1 scrape and paint door frames on a restroom facility adjacent to the Great Lawn in New Orleans City Park April 17. Volunteers worked in the park as part of their New Orleans Navy Week activities. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)



NMCB 133 crosses joint service gap with bridge build

By MC1 (SW/AW) Steven Myers
NMCB 133 Public Affairs

Seabees from Naval Construction Mobile Construction Battalion (NMCB) 133 and Marines from the 8th Engineering Support Battalion (ESB) gathered aboard Naval Construction Battalion Center Gulfport's Contingency Construction Crew Training (CCCT) facilities for a Mabey Johnson bridge building class April 2-13.

While Seabees and Marines have historically worked close with one another, NMCB 133's Bridge Detachment and the 8th ESB recently began their relationship while assembling bridges during Operation Bold Alligator 2012.

For the Marines, this class was an opportunity to not only work beside familiar faces, but an opportunity to learn additional skills that will assist them.

"We gained a better understanding of this bridge so we will be better able to help

commanders when they ask us to check out a bridge we may not be as familiar with," said the bridge building platoon sergeant, Marine Staff Sergeant Paul Cascell.

Cascell said he would love to see more Marines training beside their Navy counterparts as this could enhance the understanding of all parties involved.

Navy Steelworker Third Class Ryan Budaireu of NMCB 133, whose only previous joint experience was during Bold Alligator, said he learned a lot during the class including the importance of teamwork.

"This [class] took a lot of working together to accomplish," he said. "It went really smooth and fast and made for a good experience. I look forward to working with other services again."

NMCB 133 is preparing for their next deployment with classes such as this one, to gain technical knowledge and experience while honing their construction skills.



Seabees from Naval Mobile Construction Battalion (NMCB) 133 Bridge Detachment and Marines from the 8th Engineering Support Battalion bridge building platoon construct a Mabey Johnson bridge during training at the Contingency Construction Crew Training facility aboard Naval Construction Battalion Center Gulfport. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

Seabees Celebrate Earth Day 2012: Partnering for a Greener Future



"We are trying to teach the kids about water pollution and how it affects marine mammals."
Marine Mammal Studies Booth Volunteer

"These [trash] cans will be donated to the beach and to the local schools to help teach the kids about litter."
Balfour Beatty Communities Trash Can Painting Helper



"I liked the singing during the puppet show and how it helped us learn."

2nd Graders in attendance at the Earth Day Celebration

"I liked the singing and I liked the fish."



"I volunteer whenever I can. I like animals and I like helping them."
Volunteer at the Animal Rescue Booth

"Education is key to preserving our wildlife to make sure our endangered species continue to live on."
Missy Dubuisson
Director/Founder
Wild at Heart Rescue



More than 500 second grade students, teachers and teacher assistants from Harrison Central Elementary, Three Rivers Elementary, Bel Aire Elementary, and Crossroads Elementary area schools came on board Naval Construction Battalion Center (NCBC) to check out Earth Day exhibits and events focusing on the importance of taking care of the environment and its resources, April 17. The students were guests at Watershed Harmony, a musical puppet performance that

serves to inform and enlist the help of citizens in an ongoing effort to promote water quality in their communities performed at the Base Theater, and also took part in numerous interactive activities learning about fish, land animals, the environment, energy conservation and more at the site of the old gym. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber and Utilitiesman Constructionman Daniae Johnson/Released)



At the MOVIES

April 27: Mission Impossible: Ghost Protocol, PG13, 7 p.m.

April 28: Hugo, PG, 12 noon, The Darkest Hour, PG13, 3 p.m., Sherlock Holmes: Game of Shadows, PG13, 5:30 p.m.

April 29: We Bought A Zoo, PG, 2 p.m., Girl With the Dragon Tattoo, R, 5 p.m.

May 4: Ghost Rider: Spirit of Vengeance, PG13, 7 p.m.

May 5: NO MOVIES DUE TO SEABEE DAY.

May 6: This Means War, PG13, 2 p.m., Red Tails, PG13, 5 p.m.

May 11: Underworld Awakening, R, 7 p.m.

May 12: Ghost Rider: Spirit of Vengeance, PG13, 12 noon, The Grey, R, 3 p.m., Underworld Awakening, R, 5:30 p.m.

May 13: This Means War, PG13, 2 p.m., Ghost Rider: Spirit of Vengeance, PG13, 5 p.m.



THIRD ANNUAL LIVE OAKS ARTS FESTIVAL IN PASCAGOULA May 12, 8 a.m., \$5 shuttle fee. Enjoy fine art, live music, food, children's activities and more with Information, Tickets, and Tours. 228-871-2231



MAY RUN IN THE SUN 5K is May 18 at 6:30 a.m. with the starting line behind the Fitness Center. This run is no charge and open to all MWR patrons.

ITT IS HEADING TO BAY BRIDGEFEST May 20, \$5 shuttle fee. Children 6 and under must be in a passenger restraint device not provided by MWR. Minimum of 6, Maximum of 12. Last day to sign up is May 16. 228-871-2231

GROUP SWIM LESSONS ARE BACK! Sign up May 14 - 18 for May's session which takes place May 21 - June 1. Registration forms can be picked up in the pool lobby located inside of the Fitness Center. Swim lessons will be offered Monday through Thursday with makeup lessons on Friday for \$35 for the first child and \$25 for siblings. Lesson times are 5 p.m. for Parent/Tot, 5:30 p.m. for Level 1, and 6 p.m. for Levels 2 and 3. For more information please contact Alex at 228-822-5103/5104.

VOLLEYBALL CHALLENGE is May 25 at 12:30 p.m. in the Fitness Center Gym.

BASE WIDE YARD SALE June 9, 8 a.m. - 1 p.m., Training Hall Parking Lot. Minimum number of 6 signups needed and the number of canopies is limited and will only be available on a first come first serve basis to those who have signed up. Last day to sign up is June 6. 228-871-2231

PICK YOUR OWN BLUEBERRIES with ITT July 7, 9 a.m., Vanleave, MS. \$5 shuttle fee, bring cash to pay for your blueberries. Last day to sign up is July 3. 228-871-2231

FLEA MARKET AT MENGE AVENUE July 21, 9 a.m. \$5 shuttle fee. Call ITT to sign up for this tip by July 18. 228-871-2231

Plan your Summer Fun Now with ITT!

ISLAND STRIKZ certificates on sale! For \$35 get a certificate good for 2 hours of bowling for 5 people, 5 pairs of shoes, and a large pizza. You can also purchase a birthday certificate for \$120 which includes 1 hour of bowling for 10 people, shoes, 2 large pizzas, 2 pitchers of soda and a souvenir bowling pin for the birthday boy or girl.



GULF ISLANDS WATER PARK day passes for only \$18.50! The water park opens to general public on Saturday, May 12. You may upgrade these day passes to season passes for \$25 + tax at the water park front gate. Call 871-2231 for more info!

Considering a cruise this summer? Call ITT today, 228-871-2231, to book a cruise on Carnival, Conquest, Norwegian, and Princess.

Get tickets to local attractions as well as attractions in Alabama, Georgia, Tennessee,

New Orleans, and Florida. Your ITT Specialists are now certified to sell Blue Man Group Tickets. Only \$59.50.

Only a few days left to take advantage of **April's ODR Weekend Picnic Special** for April (Friday - Sunday) 10' X 10' canopy, 60 Quart Cooler (with ice upon request), Folding Picnic Table 4 Folding Camping Chair Table Top Grill-to-Go (propane not included) \$50.00

April 26 NATIONAL PRETZEL DAY (Liberty Center) Enjoy free pretzels all day while supplies last.

BONUS BUCKS AUCTION! (YAC) 5:30 - 8:30 p.m., Free **April 27**

CRAWFISH MUSIC FESTIVAL AT THE MS COAST COLISEUM (Liberty Center) FREE

shuttle 6 p.m., \$12 admission at gate **BIG SCREEN MOVIE NIGHT AND POP-CORN** (YAC) 6 - 9 p.m., \$2, limited to 50

HORSESHOE CHALLENGE (Fitness Center) 7 a.m. **CFL INSTRUCTOR CLASS** (Fitness Center) For more information call Michael at 228-822-5108 or register at www.navyfitness.org.

April 28 GULF COAST GATOR RANCH TRIP (Liberty Center) 9 a.m., \$30/person **12 AND UP LASER TAG**



AND MALL TRIP (YAC) 9 a.m. - 4 p.m., \$10 and lunch is needed

April 29 CRAWFISH MUSIC FESTIVAL AT THE MS COAST COLISEUM (Liberty Center) FREE shuttle, 6 p.m., \$12 admission at gate

April 30 GULFPORT PREMIUM OUTLETS (Liberty Center) 6 p.m., FREE shuttle **MON-FRI BEFORE AND AFTER SCHOOL PROGRAM AND POWER HOUR** (YAC) 2 - 5:30 p.m.

CAREER LAUNCH FOR TEENS (YAC) 6 - 7 p.m., FREE



NMCB 11 corpsman teaches preventive medicine to Afghans

By MC1 Jonathan Carmichael
NMCB 11 Public Affairs

Navy Hospital Corpsman 1st Class Daniel E Magee, assigned to Naval Mobile Construction Battalion (NMCB) 11, taught a basic preventive medicine course to Afghan National Army personnel in late March.

Magee, a native of Jacksonville, Ark., was hand selected by the Joint Sustainment Academy Southwest to be one of three instructors of the course, the first of its kind taught to local nationals. The other instructors were Hospital Corpsman 2nd Class Drew M. Lidster of Rockford, Ill., and Environmental Health Officer Navy Lt. j.g. Jacob T. Edwards, course lead instructor, originally from Monett, Mo.

Through classroom instruction and practical application the students learned about water control and chlorination techniques, food quality and sanitation inspections, and personal hygiene practices. Students observed as instructors conducted inspections in a dining facility then put to practice what they learned by conducting inspections while the instructors monitored.

"You could really tell that all the education we gave them paid off," stated Magee. "They not only took the helm on the project they exceed our expectations and gave us their recommendations on how they would fix the issues."

Magee has served 13 years of active duty service in the Navy. He was stationed in



North Carolina at Marine Corps Air Station Cherry Point in San Diego, Calif., at Naval School of Health Sciences in Twentynine Palms, Calif., with 3rd Battalion 7th Marines, and in Pascagoula, Miss., with Navy boat teams. Magee is currently assigned to NMCB-11 and deployed to Afghanistan in support of Operation Enduring Freedom.



Federal Voting Assistance Program

The Department of Defense is making it easy for you to ensure your vote is heard. The Federal Voting Assistance Program (FVAP) is designed to assist all service members, family members and citizens living outside the United States cast a ballot for their candidate of choice.

To get started, log on to: <http://www.fvap.gov/> to register to vote or to request an absentee ballot.

AD SPACE

NCBC Helping Hands Volunteer Opportunities

March for Babies - March of Dimes will host its annual March for Babies walk April 28 at 8 a.m., at The Promenade shopping mall in D'Iberville. Volunteers are needed from 6:30 - 10 a.m. to help set up the walk (next to Target), assist with traffic control and pass out water along the walk route. If you are interested in volunteering, contact Jennifer at 228-206-3429 or JAParker@marchofdimes.com.

North Gulfport Elementary School needs 25 - 30 volunteers per day May 1, 8, 9 and 10 for yearly tests. Volunteers are asked to arrive at the school by 7:10 a.m. and be in place by 7:40 a.m. The daily testing should be completed by noon each day. Training is required and will be given April 24 or April 25 from 8 - 8:30 a.m. Training time is flexible and can be done to accommodate volunteer's schedules. Contact Emie Bank-

son, 228-864-8944 or ebankston@harrison.k12.ms.us. Orange Grove Elementary needs 30 volunteers per day May 8, 9 and 10 for the yearly MCTII test. This is the state mandated standardized test. Volunteers are asked to arrive by 7 a.m. daily. Please contact Stephanie Schepens at SSchepens@harrison.k12.ms.us or call 228-365-0204 if you are interested. **Long Beach School District (LBSD)**

Volunteers - The LBSD needs 30 proctors to assist them with the administration of the MCT2 (Mississippi Curriculum Test) May 8 - 10 from approximately 7:20 am until 1:30 pm. The MCT2 is given to all students at Harper McCaughan Elementary grades 4-6, Long Beach Middle School grades 7 and 8 and all 3rd grade students at both Reeves Elementary and Quarles Elementary. Training will be ad-



ministered prior to the testing dates. Contact Christi Spinks at 228-861-0588 if you are interested in volunteering.



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.

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SEABEE DAY 2012



**Naval Construction Battalion Center
Gulfport, Mississippi**

Food

Exhibits

Games

**Saturday
May 5, 2012
9 a.m. to 4 p.m.
Free Community Event
Open to the Public
www.seabee.org**

Fun for the whole family!

Join us for Free Carnival Rides, Great Food,
Mountains of Military Displays,
Free Kids Play Area
Petting Zoo, Music and More!

Free Parking

**Enter the base via the Pass Road Gate
and follow the signs to free parking.**



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SUPPORT

Family Readiness Groups

NMCB 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 nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes service members, family and friends to attend FRG meetings the fourth Monday of each month at 6 p.m. at the MWR Youth Activities Center, building 335. Child care is provided during deployment. Please contact the FRG at nmcb7frg@gmail.com for more information.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

NMCB 74 FRG All families of NMCB 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. For more information, please email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless 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 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 NMCB133fsg@gmail.com. To receive updates log on to the FRG site at

<http://www.wix.com/NMCB133FSG/133frg>

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 AGCS Enrique Acosta-Gonzalez at 228-688-5288 or enrique.acosta@navy.mil, or Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more info.

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.was-son@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil for information.

NCBC Multi-Cultural Diversity Committee would like to increase their membership. 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 more information.

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 each month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602.

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.

NMCB 62 Alumni Group

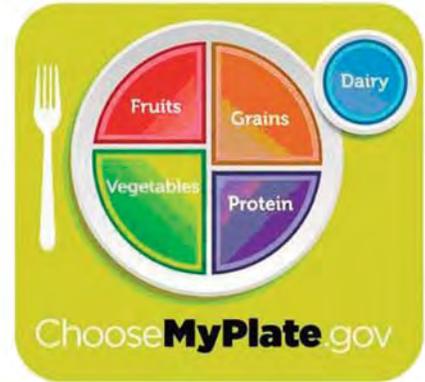
Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member of the Alumni Group go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

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.

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 11a.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 more information.

AD SPACE



Tips to get your Plate in Shape

By Navy Medicine Live and Navy and Marine Corps Public Health Center

Results from a 2008 DoD Survey of Health Behaviors Among Military Personnel indicated that 62.7 percent of Navy military personnel are overweight and 14.3 percent are obese. The Navy is reporting the highest percentages in both categories when compared with the other branches of service and the entire DoD (60.2 percent and 12.6 percent respectively).

Additionally, among all military personnel only 12.7 percent and 14.2 percent have reported eating at least three servings of fruits and vegetables daily, as compared with the nation's 2010 objective of 75 percent and 50 percent respectively.

To ensure optimal physical performance, fitness and health, Sailors and Marines must maintain a healthy body weight and proper body fat percentage.

Join our efforts to promote the National Nutrition Month® theme, "Get Your Plate in Shape," which encourages Americans to remember to make half their plates fruits and vegetables, make half their grains whole, switch to fat-free or low-fat milk, vary their protein choices, cut back on sodium and empty calories, enjoy their food but eat less and to be physically active every day.

National Nutrition Month "Get Your Plate in Shape" Tips

- ~ Make half your plate fruits and vegetables.
- ~ Make at least half your grains whole.
- ~ Switch to fat-free or low-fat milk.
- ~ Vary your protein choices.
- ~ Enjoy your food but eat less.
- ~ Be physically active your way.
- ~ Cut back on sodium and empty calories from solid fats and added sugars.

For more helpful tips click below: Navy and Marine Corps Public Health Center, NMCPHC Healthy Living, Nutrition Resources

DAPA Note: It is extremely dangerous to mix barbiturates and alcohol. What would be a non-dangerous dosage of either drug by itself, can interact in the body to the point of coma or fatal respiratory arrest. Alcohol is a central nervous system (CNS) depressant. Other medications may also depress CNS functions. When two depressant drugs are present simultaneously, their combined effects may often be far greater than would be expected with the sum of the two. This is called the 'synergistic effect' or additive effect. Remember if you are on medications adhere to the warning labels, they are there for a reason!

Seat Belts Save Lives . . . Buckle Up Every Time! . . . Click It or Ticket!



AD SPACE

AD SPACE

AD SPACE



NMCB 133 'Roos improve training facility on NCBC

Builder Constructionman Philip Schmit, of Naval Mobile Construction Battalion (NMCB) 133, uses a float to finish the surface of freshly placed concrete at the Naval Construction Battalion Center Gulfport Technical Training Facility project site. In addition to the on-the-job training received by the project crewmembers, the finished project that includes the construction of several training stations on the site will aid future Seabees in honing their construction skills. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

AD SPACE



Seabees assigned to Naval Mobile Construction Battalion (NMCB) Five participate in Chemical, Biological and Radiological (CBR) training at the Naval Construction Training Center (NCTC) confidence chamber in Port Hueneme, Calif., April 10. NMCB 5 Seabees participating in classes to prepare for a scheduled Pacific Command (PACOM) deployment early next year. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ace Rheume/Released)

'The Professionals' of NMCB FIVE take on CBR training

By MC2 Ace Rheume
NMCB 5 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 5 participated in Chemical, Biological and Radiological (CBR) training in Port Hueneme, Calif., April 10. The training informed students the proper use of CBR protective equipment, M40-A gas mask, Joint Logistics Integrated Suit Technology (JSLIST) and how to protect against CBR agents.

"We give basic overall knowledge of different components of the gas mask and knowledge of radiological and chemical hazards," said Hospital Corpsman 1st Class Jennefer English, one of the instructors at Naval Base Ventura County's (NBVC) Disaster Recovery School (DRS).

Students were instructed on how to properly don Mission Oriented Protective Posture

(MOPP) gear in the event of a CBR attack. After the classroom portion of the course, students conducted CBR drills and practiced gas mask training in the Naval Construction Training Center (NCTC) confidence chamber.

"I think it is important that Seabees go through the class, because we are out in the field," said Logistics Specialist 2nd Class Marquita Hennings, a Seabee assigned to NMCB 5. Hennings added that she learned new techniques to maintain her gas mask and keep it in useable condition. She said that this is training that she can use to train junior service members and knowledge that she can use while on field training exercises (FTX).

NMCB 5 Seabees are receiving training to prepare for a scheduled Pacific Command (PACOM) deployment early next year.

NMCB 7 Family Readiness Group (FRG) Over the Hump Party . . . NMCB 7 invites service



members, family and friends to attend an

Over the Hump Party at the Long Beach Activity Senior Center April 28, from noon until 2 p.m. Come celebrate our final mid-deployment point and enjoy food, drinks, a bouncy house, face painting and door prizes. The Long Beach Activity Senior Center is located at 20257 Daugherty Road, Long Beach, Miss. Please contact the FRG at nmc7frg@gmail.com for more information.

AD SPACE

Reduce! Reuse! Recycle. . . Questions on Recycling? Call CBC Recycling at: (228) 871-4738

From SAAM page 7

which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps. The Department of the Navy is working to aggressively to prevent sexual assaults, to support sexual

assault victims, and to hold offenders accountable.

Help raise awareness by joining the conversation on social media using #SAAM.

Homeported in Gulfport, Miss., NMCB-11 is deployed to Afghanistan to conduct general, mobility, survivability engineering operations, defensive operations, Afghan National Army

partnering and detachment of units in combined/joint operations area - Afghanistan in order to enable the neutralization of the insurgency and support improved governance and stability operations.

For more news from Naval Mobile Construction Battalion (NMCB) 11, visit www.navy.mil/local/nmcb11/.

AD SPACE



Seabee Memorial Chapel

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.

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**