

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

May 23, 2013

NMCB 11 Mass Casualty Drill



CAMP SHELBY, Miss. - Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 participate in a mass casualty drill during a Field Exercise (FEX) in which the battalion is evaluated in various areas of readiness prior to a deployment cycle. NMCB 11 is a Seabee battalion specializing in contingency construction, disaster response, and humanitarian assistance. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

Navy Announces Fleet-Wide Women's Uniform Survey

From Chief of Naval Personnel Public Affairs

Approximately 16,000 randomly selected female officers and enlisted are being asked to participate in the online survey on the fit, design and durability of Navy uniforms in a Fleet-wide survey announced in NAVADMIN 127/13.

Letters were mailed April 30 to participants notifying them of their selection and providing instructions on accessing and completing the survey. The online survey will be open for approximately 90 days.

The decision to do the fleet-wide survey was made after interviews and focus groups

determined that there was a need to gather more feedback on women's uniform concerns and recommendations.

Survey questions will address levels of satisfaction with service dress, service and working uniforms and components. The survey will also ask about fit and hip-to-waist ratio of slacks; the comfort of shirt collars; and preference for shirt lining, shoulder stitching and yoke on service uniform shirts.

For more information on uniforms and uniform policy, visit the Navy Uniform Matters website at <http://www.public.navy.mil/bupers-npc/support/uniforms/pages/default2.aspx>.



Recruits undergo a uniform inspection at Recruit Training Command, the Navy's only boot camp. The Navy is currently conducting a uniform survey to determine if service women are satisfied with the fit and durability of their uniforms. (U.S. Navy photo by Brian Walsh/Released)

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Recently at the Courthouse

From Navy Region Southeast Public Affairs

Courts-martial in Navy Region Southeast recently heard the following cases:

At a general court-martial convened on board Naval Air Station Pensacola, a Hospitalman was found guilty of assault and driving under the influence. The military judge sentenced the Accused to 446 days confinement, reduction in rate to E-1, and a Bad Conduct Discharge.

At a special court-martial convened on board Naval Station Mayport, a Fireman was found guilty of larceny. The military judge sentenced the Accused to five months confinement, reduction in rate to E-1, and a Bad Conduct Discharge.

At a special court-martial convened on board Naval Air Station Jacksonville, an Airman was found guilty of unauthorized absence and wrongfully using oxycodone, a Scheduled II

controlled substance. The military judge sentenced the Accused to 94 days confinement, reduction in rate to E-1, and a Bad Conduct Discharge.

At a special court-martial convened on board Naval Air Station Jacksonville, a First Class Petty Officer was found guilty of fraternization and living with a married woman who was not his wife. The military judge sentenced the Accused to 45 days hard labor without confinement, 45 days restriction, reduction in rate to E-4, forfeiture of \$1,000 pay per month for two months, and a reprimand.

At a general court-martial convened on board Naval Air Station Jacksonville, a Corporal was found not guilty of committing indecent conduct.

At a special court-martial convened on board Naval Air Station Jacksonville, a First Class Petty Officer was found guilty of committing indecent conduct. The

military judge sentenced the Accused to 110 days confinement, reduction in rate to E-3, and a Bad Conduct Discharge.

At a special court-martial convened on board Naval Air Station Jacksonville, a First Class Petty Officer was found guilty of false official statement, larceny, and knowingly executing a scheme to obtain moneys owned by or under the custody or control of a financial institution. The military judge sentenced the Accused to 60 days confinement and reduction in rate to E-5.

At a special court-martial convened on board Naval Air Station Jacksonville, a Third Class Petty Officer was found guilty of false official statement, wrongfully using amphetamines, wrongfully possessing amphetamines and methadone, a Schedule II controlled substance, and larceny. The military judge sentenced the Accused to one year confinement, forfeiture of \$1,010 pay



per month for 10 months, reduction in rate to E-1, and a Bad Conduct Discharge.

Courts-martial in Navy Region Southeast are tried with few exceptions at Naval Air Station Jacksonville, Naval Station Mayport, and Naval Air Station Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial. Adjudged sentences may be modified by pre-trial agreement or clemency.



Memorial Day Ceremonies

13th Annual Memorial Service Under the Oaks, Diamond-head Country Club, 7600 Country Club Circle
 May 25 at 11 a.m. All are welcome.

Biloxi National Cemetery, 400 Veterans Avenue, Biloxi
 May 27 at 9 a.m. Everyone is invited to attend.

Remember to check local media resources for updates on area Memorial Services.

Volunteers needed at Biloxi National Cemetery

The Biloxi National Cemetery Memorial Committee is asking for volunteers to place approximately 18,000 flags on the gravesides at Biloxi National Cemetery, 400 Veterans Ave., May 25 at 8 a.m. for the Memorial Day weekend. Military personnel do not need to be in uniform and family members are encouraged to participate. For more information, please call Liz Burchett at 228-871-2427 or 228-860-8678.



Buzz on the Street

By CECN(SCW) Lucinda Moise
NCBC Public Affairs

"How do you plan to celebrate Memorial Day?"



"Cooking, spending time with my daughter relaxing and remembering those who came before us and sacrificed their lives for our freedom."

PSSN Kiyanna Harris
NMCB 11

Hometown: Oakland, Calif.



"Hopefully, with my family in Louisiana, enjoying the day."

Tiffany Owens

Navy Exchange employee
Hometown: Oak Grove, La.



"Sitting back and remembering those who made it possible for me to wear this uniform."

EOCA Kenneth Ellett
NMCB 11

Hometown: Richmond, Va.

Around



Center

the

Lew Fountain, Naval Construction Battalion Center (NCBC) Gulfport emergency manager, conducts a working group discussion with the NCBC Gulfport Installation Management Team during hurricane preparedness exercise HURREX/Citadel Gale 2013 at the Emergency Operations Center (EOC) on board NCBC Gulfport, May 17. The team met to discuss emergency measures required if the simulated hurricane were to intensify and the base move to Tropical Condition III over the weekend. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



A Construction Electrician (CE) "C" School student, executes a timed pole top climbing qualification at the pole field on board NCBC Gulfport, May 20. This particular qualification is a pole top rescue, which consist of climbing up a pole, tying a rope around a mannequin's waist, lowering it down and performing cardiopulmonary resuscitation (CPR) within five minutes. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Anti-Terrorism/Force Protection Training Services (TRA-SUP) Instructors of Pre-Commissioning Unit (PCU) America (LHA 6), conduct non-lethal weapons training using Oleoresin Capsicum (OC), a form of pepper spray, during an Auxiliary Security Force (ASF) Academy outside the Security Forces building on board NCBC Gulfport, May 17. Once the class graduates, the students will join NCBC Gulfport's ASF and be qualified to carry and use lethal and non-lethal weapons. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



NCBC welcomes new FOCUS site director

By **CECN Lucinda L. Moise**
NCBC Public Affairs

Families OverComing Under Stress (FOCUS) on board the Naval Construction Battalion Center has a new site director, Jane Carey, who brings with her a wealth of knowledge which will help maintain the programs momentum.

"I hope to continue the wonderful relationship that the Seabees have with FOCUS and hopefully increase the number of families and couples who use FOCUS to build closer families," Carey said.

The new director is a highly experienced licensed professional counselor, who earned her Bachelor of Science in Information and a Master of Science in Counseling from Jackson State University, and



Jane Carey

has seven years of experience working as a Military and Family Life Consultant (MFLC) supporting service members and their families. Prior to her work as a MFLC, Carey worked for more than 15 years in community mental health and private practice.

"She has a lot of experience," said Bet Ramsey, FOCUS family resiliency trainer. "I am looking forward to collaborat-

ing with her."

The collaboration has begun as the duo is looking for ways to increase the amount of people who utilize the FOCUS team.

"I'm very proud and excited to be working with the Seabees," Carey said. "I would like every to know that FOCUS is here to help in any way we can."

Her team can provide resiliency training to military families by teaching them skills to deal with the deployment and reintegration challenges while learning problem solving and communication skills. The FOCUS Project is a Bureau of Medicine and Surgery (BUMED) initiated program that essentially teaches how to be a healthy, happy, resilient military family.

Consumer Confidence Report (CCR) on NCBC Water Quality . . .

Important information about the quality of your drinking water is available in the 2012 Consumer Confidence Report (CCR) at: <http://www.slideshare.net/SeabeeCenterGulfport/ncbc-gulfport-2012-consumer-confidence-report-crcr>

Although a copy of the CCR will not be delivered to you, you may obtain a hard copy from NCBC Gulfport's Environmental Office located in building 322, room 103 or by emailing a request for a copy to kenton.lottinger@navy.mil. PWD Environmental encourages all customers with concerns or questions to contact them directly at 228-871-2373.

Celebrating Asian Pacific American Heritage

U.S. Navy photos by Chief Mass Communications Specialist Ryan G. Wilber/Released



Below: **Dance partners Hospital Corpsman 1st Class Fredrick Smith, assigned to Navy Mobilization Processing Site (NMPS) Gulfport and Hospital Corpsman 2nd Class Arlyne Guidera (front), assigned to NMPS Gulfport, and Lt. Cmdr. Cheryll Hawthorne, NMPS officer-in-charge and Father Laster of the American Catholic Church Organization perform a Cariniosa dance during the NCBC Asian American and Pacific Islander celebration hosted by the NCBC Diversity Committee, May 16.**

Above: **Left to right - Chief Builder Ronnie Reyes, assigned to Naval Construction Group (NCG) 2, Construction Electrician 3rd Class Jeslyn Deguzman, assigned to Naval Mobile Construction Battalion (NMCB) 74, Casey Wilczynski, a fitness assistant for Morale, Welfare and Recreation (MWR) and Construction Electrician 3rd Class Rico Velacruz, assigned to NMCB 133 perform a tinikling dance during the NCBC Gulfport Asian American and Pacific Islander celebration on board NCBC Gulfport.**



WLOX News reporter and guest speaker, Trang Pham-Bui, addresses attendees of the Naval Construction Battalion Center (NCBC) Gulfport 2013 Asian American and Pacific Islander celebration hosted by the NCBC Diversity Committee at the Navy Operational Support Center (NOSC) Drill Deck on board NCBC Gulfport. The program included traditional dance and song performances, a martial arts demonstration and a sampling of Asian cuisine.

CDC kids enjoy visit with Zinghoppers



The Zinghoppers band, performed live for the 4 and 5-year-olds enrolled at the Child Development Center (CDC) on board NCBC Gulfport, May 14. The Zinghoppers are an Emmy award winning educational children's band broadcasted on Public Broadcasting Service (PBS). The band is currently on tour and made a special stop to CDC before moving on to several other sites in the area. (U.S. Navy photos by Construction Electrician Constructionman Lucinda L. Moise/Released)



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Gulf Islands Waterpark Trip

Sunday, May 26th
Shuttle departs at 10:00 a.m.
Tickets are only \$17!

MWR Mission First... Safety Always

Must sign up by noon on Friday, May 24th!

LIBERTY NAVAL CONSTRUCTION BATTALION CENTER

Pitch In, Use the Bin!
NCBC is a No Litter Zone!

LADD . . . Leaders Against Drunk Driving

LADD is a program sponsored by the NCBC/NCG2 First Class Association. The mission of LADD is to prevent drunk driving on board NCBC Gulfport by providing rides for any service member who needs assistance getting home after an outing that involves alcohol.

- ~ LADD is strictly confidential. NO REPRISAL!
- ~ LADD will take individual home only, no stops.

- ~ Volunteers who stand the watch are on call 24/7.
- ~ It is always important to have a plan in place when going out in town, but if your plans fall through, please call LADD and we will pick you up!



100 percent confidential,
zero reprisal!
Call 228-239-9007

NMCB 11 - Field Exercise - Camp Shelby



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 receive feedback from evaluators with Naval Construction Group (NCG) 2 while participating in a Field Exercise (FEX) in which the battalion is evaluated in various areas of readiness prior to a deployment cycle. NMCB 11 is a Seabee battalion specializing in contingency construction, disaster response, and humanitarian assistance. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael / Released)



Builder 3rd Class Hammos D. Pugh, right, from Gulfport, Miss., and Builder 3rd Class Philip J. Melendez, from Tucson, Ariz., both assigned to Naval Mobile Construction Battalion 11, construct a four-hole-burnout as part of a field exercise in which the battalion is evaluated in various areas of readiness prior to a deployment cycle. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

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FREE admission to New Orleans Zephyrs AAA baseball game

In honor of Memorial Day (May 27), the New Orleans Zephyrs are offering free admission to military (active, retired, reserve) and their families (up to four free tickets). To take advantage of this opportunity, just show your valid Military ID at the box office on the day of game and get up to 4 tickets for free. The game begins at 1 p.m., with the gates open at noon. For field location and more information on the Zephyrs, visit www.zephyrsbaseball.com.



Who remembers last hurricane season? Were you ready? The 2013 Hurricane Season begins June 1. To help get ready, visit <http://www.ready.navy.mil/>.



Race Engines, Dirt Bikes, ATV's, Cigarette Boats, Zodiacs

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

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

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NMCB 74 completes Bridge Element certification

By NMCB 74 Public Affairs

Naval Mobile Construction Battalion (NMCB) 74, began preparations for their Field Training Exercise (FTX) in September. The preparations, which include obtaining multiple certifications, began with the battalion working toward Bridge Element's Medium Girder bridge certification during an exercise conducted May 7.

As part of the five-phase certification process, the element participated in everything from instructional class time to the practical application. The final part of the certification process was to have the 36-person crew erect a 54 foot Medium Girder Bridge in less than four hours, spanning a 47 foot gap. After having done so with the assistance of the officer in charge and assistant officer in charge, the team was able to successfully execute and complete the bridge within the allotted time, while maintaining 100 percent accountability of personnel and equipment.

Bridge Element Officer in



Members of Naval Mobile Construction Battalion (NMCB) 74's Bridge Element work to erect a 54 foot Medium Girder Bridge as part of the battalion's preparation for a September Field Training Exercise. (U.S. Navy photo/Released)

Charge, Ensign Spencer Bull, said that he was able to take a good deal of lessons learned from the experience.

"We were a fast crew, and managed to complete the bridge on time. However, one of the things that I did learn is that we shouldn't rush the palliating of the materials," said Bull. "There is always more

than one way to do things, and we should consider all the options."

The Bridge Element's successful certification was an integral part in the battalion's overall mission readiness and another example of Seabees maintaining critical skill sets in preparation for their upcoming deployment.

Special programs: Think Equal Opportunity Advisor

By MC2 Andrea Perez

Navy Personnel Command Public Affairs Office

Sailors looking to enhance their career by working outside their rate should consider becoming an Equal Opportunity Advisor (EOA), Navy leaders said May 22.

"Equal opportunity advisors play a vital role in the Navy's ability to maintain operational readiness and accomplish its mission," said Senior Chief Sonar Technician (Surface) Mark Vandervort, EOA detailee, Navy Personnel Command (NPC).

According to MILPERSMAN 1306-917, EOAs can stimulate a free-flow of communication at all levels within a chain of command, making them an invaluable asset to the Navy.

Vandervort says EOAs are command climate experts who strengthen a chain of command by keeping leadership aware of any equal opportunity related issues as well as procedures and practices that may affect the mission, readiness, welfare and morale of Sailors.

"Those commands that can capitalize on their Sailor's skill sets are those that perform the best," said Vandervort. "As the command climate expert, it is the EOA's responsibility to assess the command climate and determine not only what is working right within a command, but also identify potential barriers that may prohibit Sailors from achieving their full potential."

Sailors in pay grades E-6 to E-9 may be eligible to apply for EOA duty after being interviewed by an EOA.

To become an EOA, Sailors must earn the 9515 Equal Opportunity Advisor Navy Enlisted Classification (NEC) by attending the Defense Equal Opportunity Management Institute (DEOMI) at Patrick Air Force Base in Cocoa Beach, Fla.

"The EOA course is intense but rewarding," said Vandervort. "The training not only provides students with the tools required to be an EOA, but also provides them with a variety of tools that will allow them to grow as leaders."

The 12-week EOA course provides training in gender communications and cultural awareness, socialization, conflict management, complaints processing, interpersonal communications, and many other topics.

"EOAs ensure Sailors are being treated fairly and with the dignity and respect with which all Sailors should expect to be treated. When utilized correctly, the EOA can be an integral member of the command's leadership team," said Vandervort.

EOAs are assigned to major shore commands, nuclear aircraft carriers, amphibious assault ships and training commands.

A complete listing of eligibility requirements can be found in MILPERSMAN 1306-917. Sailors who meet the requirements and would like to apply for EOA duty should request release to Special Programs by submitting a completed NAVPERS 1306/7 to their rating detailee prior to entering their normal detailing window.

The required obligated service for an EOA tour is 36 months, and members selected are required to complete two full consecutive EOA tours, one sea and one shore.

Special Program detailers assign Sailors to more than 20 special programs Navy-wide, including Recruit Division Commander duty and recruiting duty, service on the USS Constitution or the USS Arizona Memorial, and assignment to the Blue Angels or the Navy Ceremonial Guard. MILPERSMAN 1306-900 contains a complete list of special programs available.

For more information, visit the EOA Web Page on the NPC website at www.npc.navy.mil/ENLISTED/DETAILING/SHORESPECIALPROGRAMS/Pages/EOASARNAVLEAD.aspx



Naval Mobile Construction Battalion (NMCB) 74 Seabees make progress in erecting a 54 foot Medium Girder bridge during an exercise on board Naval Construction Battalion Center (NCBC) Gulfport, May 7. The exercise is part of a multifaceted certification process conducted in order to prepare the battalion for a September Field Exercise. (U.S. Navy photo/Released)

NCBC Security Reminder . . . To prevent both personal and governmental property theft, NCBC Security would like to remind you to remember to secure vehicles, personal compartments, work spaces, compounds, and buildings. Don't be a target!

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

The dog days . . .



When the alarm goes off in the morning, and your brain's cells begin to stir, a myriad of possible "first thoughts" might pop into your head.

"The minivan needs gas for the morning car pool." "Should I forgive my husband for the fight we had last night?" "Don't forget to get something for Father's Day." "I wonder if Junior will pass his Calculus exam."

None of these early morning contemplations can accurately predict the course of the rest of your day, but there is one particular "first thought" that is a definite Red Flag. If you wake up in the morning, and think, "I need a nap," you can bet your overpriced wrinkle cream that the rest of your day is pretty much gonna blow.

I know this, because that is exactly what I've been thinking lately. I've been dragging my weary bones out of bed all week, when all I want to do is crawl

back under the covers and hide from the inevitable calamity of my unmanageable schedule.

Is it the exams, events and final grade panic of the end of the school year that's got me wanting to stay in bed? Well, not quite. Is it my son's Eagle Scout Ceremony, which we insanely decided to host at our house this weekend for over 50 people? Well, not exactly. Is it the fact that my husband is being wined and dined all week while on a work trip in South America while I am left driving this runaway train? Well, yes, but not entirely.

Or could it be that we are moving to Rhode Island in less than a month, and we're nowhere near ready? Well, yeah, maybe. Or is it the fact that I am frantically scribbling this column on a legal pad at Starbucks, because I just killed my laptop when I knocked my coffee onto the keyboard 12 minutes ago, and fear that I might have to use my thumbs to tap this thing into my Smartphone to get it to the editors? Heck yes, truth be told.

But it's not any one thing that has me dreaming of naps. It's the totality of my circumstances as a middle-aged Navy wife and mother of three teens.

Recently, I was lamenting my to my neighbor, a 25-year Navy wife with two grown boys, when she validated my malaise. "Yea, I re-

member when the boys were in high school," she said, "and I told my husband one day, 'I'm exhausted.' He told me to go take a nap, and I told him, 'No, I mean, I'm globally tired after 18 years of raising kids. Thirty minutes of shut eye ain't gonna cut it.'"

Ironically, now that her boys have flown the coop and she's an empty nester, she's napping more than ever, just because she can.

The rest of us middle-aged moms must keep slogging along, waiting for the day when our schedules ease up enough that we can enjoy the luxury of a delicious afternoon nap. In the meantime, we can take comfort in the [slightly modified] immortal words of poet Emma Lazarus, thoughtfully inscribed on the base of our Statue of Liberty:

*"Give me your tired, your poor,
Your befooled housewives
yearning to break free,
With wretched refuse in their
teeming heads.
Send these, the napless, tempest-tost to me,
And I'll tuck them all into
their comfy beds!"*

Get more wit and observations from Lisa at her blog, <http://themeatandpotatoes-oflife.com>.

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.



Health Watch:

Exceptional Family Member enrollment information

By HM2 Izabela Brazinsky
NBHC Clinic Gulfport

Are you and your family up for PCS orders?

Has the medical condition that is reflected on your EFM package changed?

If you answered "Yes" to either of these questions, then it's time to update your EFM package!

The Exceptional Family Member program is mandatory for spouses and children that have medical and educational needs which require special consideration for the family's location.

Because of this, it is important that you enroll and maintain EFM status as applicable. Failure to do so will result in possible relocation of family members away from the Active Duty service member.

If you have any questions, please contact HM2 Izabela Brazinsky at 228-822-5754, NBHC Gulfport Dental Clinic; or Mary Ann Robinson at 228-871-4257, Fleet and Family Support Center (FFSC).

Troops can visit museums free of charge for summer

By Terri Moon Cronk

American Forces Press Service

During the busy season of military transfers, adjusting to new communities and registering children for school, more than 2,000 museums across the nation will open their doors, free of charge, to service members and their families as a break from the summer challenges, a Defense Department official said this week.

From Memorial Day, May 27, through Labor Day, Sept. 2, all active duty service members, National Guardsmen and reservists and their families can take advantage of this cultural and educational opportunity in all 50 states.

"It's an exciting, inspiring, educational and economical activity for our families to enjoy this summer," said Navy Cmdr. Leslie Hull-Ryde, a Pentagon spokeswoman.

Launching its fourth year in a news conference today at the Smithsonian American Art Museum, the 2013 Blue Star Museums Program is a collaboration among the Defense Department, Blue Star Families, the

National Endowment for the Arts and the museums to give service members and their families a way to spend time together in their local museums.

"After long deployments, rigorous training schedules and very long hours, our time with our families is very limited and extremely precious to us," Hull-Ryde said. "We are so grateful [to have] these programs. This program is an investment in our families."

A record number of museums are participating this year. The program began in 2010 with free access to about 600 museums, while this year's 2,000 is a figure that's still growing, Blue Star Families and NEA officials said.

"This program is helping us make memories -- memories for our families," Hull-Ryde said. "But it's more than that. It is making a difference not only in the force of today, but in the force of the future."

For a list of participating museums, go to: <http://www.nea.gov/national/bluestarmuseums/index2013.php>.

Focus on Education



Left: Gulf Coast educators join Capt. Rick Burgess, commanding officer, NCBC Gulfport, in a ceremonial cake cutting after a Gulf Coast Educators Appreciation Awards Ceremony held at the Heritage Center on Board NCBC Gulfport. During the ceremony, 14 educators were recognized for their outstanding support of military children. Above: Coast educators, along with Capt. Rick Burgess, commanding officer, NCBC Gulfport, and Kevin Byrd (second row, far right), NCBC school liaison officer, pause for a group photo after a Gulf Coast Educators Appreciation Awards Ceremony held at the Heritage Center. U.S. Navy photos by Utilitiesman Constructionman Alicia Fluty/Released)

NCBC Gulfport recognizes service of Gulf Coast educators

By MCC(SCW/SW/AW)
Ryan G. Wilber

NCBC Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport hosted 14 educators for a Gulf Coast Educators Appreciation Awards Ceremony at the Heritage Center on Board NCBC Gulfport, May 21.

According to Kevin Byrd, NCBC school liaison officer, the

ceremony was held to recognize Gulf Coast educators who had gone above and beyond in support of military children.

"They do so much for our children, student-to-student sponsoring for new military students, making sure they know where their classes are and are familiar with the school. Some schools also have deployment groups to

help students when a parent is away. We are very appreciative of all that they do," said Byrd.

In his opening remarks, Capt. Rick Burgess, commanding officer, NCBC Gulfport, spoke of his command's role in support of military families, particularly providing support to family members in getting their kids set up right in the

local schools.

"Supporting our families through helping to make their kids successful ... giving them the tools, giving them the help, setting the right conditions, so that they can really succeed to the maximum extent possible is very important. I think we've backed that up by putting the resources there, putting key people there, and

we've enjoyed tremendous support from you [educators]," said Burgess.

Byrd said he hopes the inaugural event will become an annual event and grow in the years to come.

For more information about military school programs, contact Byrd by phone at 228-871-2117, or email kevin.r.byrd@navy.mil.

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

Five Love Languages encore . . . Due to an overwhelming demand, the Five Love Languages workshop is being offered June 5, 6 - 8:30 p.m. at the NCBC Chapel Fellowship Hall. Free child care and dinner will be provided. Call Cmdr. Ruth Goldberg at 228-871-4906 to sign up.

Bee Wash
 June 5 - 10 a.m. to 1 p.m.
 Nominate your washer:
 Call 228-871-2610

Funds go toward the AD Fund Drive



Barracks Bash 2013



FREE Movies at the Training Hall are Back!

Take a load off. Sit back and watch the big screen all by yourself for some

alone time, or make it a family night and bring the whole crew! Stop by the Snack Bar on your way in to get that buttered movie popcorn and those other goodies that help you get lost in the moment. Forget what was playing? No worries - put the movie hotline in your phone, 228-871-3299 and call anytime!

Friday: *Bullet to the Head, R, 6 p.m.;* **Saturday:** *A Haunted House, R, 11 a.m., TThe Last Stand, R, 1:30 p.m.;* *Stand Up Guys, R, 3:30 p.m.;* **Sunday:** *Beautiful Creatures, PG13, 2 p.m.;* *Hansel and Greel: Witch Hunters, R, 4:30 p.m.*

For MWR program information contact:

Anchors & Eagles	228-871-4607
Auto Hobby	228-871-2804
Beehive	228-871-4009
Child Development Center	228-871-2323
Fitness Center	228-871-2668
Information, Tickets & Travel	228-871-2231
Liberty Center	228-871-4684
Seabee Heritage Center	228-871-3619
Navy Outdoor Recreation	228-871-2127
RV Park	228-871-5435
The Grill	228-871-2494
Training Hall	228-871-4750
Youth Activities Center	228-871-2251
Main Office	228-871-2538



Single Sailors and geographical bachelors came out for an evening of free fun and entertainment at the Morale Welfare and Recreation Liberty Barracks Bash, May 17. Guests were served a grilled meal and also participated in activities of friendly competition including sumo wrestling, basketball and paint ball. Attendees were also given the opportunity to win great prizes including an iPad, Samsung Tablet or Beats headphones. MWR's Liberty Program is an exciting program that enhances the quality of life and well being of service members stationed at Naval Construction Battalion Center (NCBC) Gulfport and other bases around the world. Liberty promotes team building, camaraderie and offers structured activities, tournaments and tours in alcohol-free environments. (U.S. Navy photos courtesy of MWR/Released)

NCBC Helping Hands volunteer opportunities

BILOXI NATIONAL CEMETERY - The Biloxi National Cemetery Memorial Committee is asking for volunteers to place approximately 18,000 flags on the gravesides at Biloxi National Cemetery, 400 Veterans Ave., May 25 at 8 a.m. for the Memorial Day weekend. Military personnel do not need to be in uniform and family members are encouraged to participate. For more information, please call Liz Burchett at 228-871-2427 or 228-860-8678.

HABITAT FOR HUMANITY -

The Mississippi Gulf Coast Habitat for Humanity is asking for volunteers to work during a Veteran Resource Workshop June 18, 4 - 6:30 p.m. at the West Harrison Community Center on Espy Ave. in Long Beach. Volunteers will serve as greeters and register attendees. Point of contact is Kenya Miniard at kminiard@hfmgc.org or call 228-678-9100, ext. 1009.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military

community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This website allows you to keep track of your hours and if you move to another location your hours will transfer with you to any USO in the world. If you have any

questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org. We look forward to having you on our volunteer team!

2013 SPECIAL OLYMPICS - NCBC Gulfport will host the Area 3 2013 Special Olympics Saturday, June 8. Games will be held outside of the Fitness Center, near the softball fields, and will begin following a 9 a.m. opening ceremony. An awards ceremony will happen immediately after the games conclude. A minimum of 200 volunteers are needed to set

up, register and accompany the athletes, cheer them on and tear down the site. Volunteer request forms will be available on each Command Quarterdeck and will be collected May 24. Uniform for military volunteers: Service PT gear; civilians: appropriate athletic attire. Please direct inquiries to MCC Ryan Wilber, 228- 871-3663 or ryan.wilber@navy.mil.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvationarmy.org if you have a bit of spare time to help out.

Seabee Memorial Chapel



NCBC Center Chaplains:

Lt. Cmdr. Paul Smith, Chaplain

Lt. Yoon Choi, Chaplain

For more information about Chapel programs, please call the Chapel at 228-871-2454.

Religious Services

Sunday:

Gospel: 8 a.m., Catholic Mass: 9:30 a.m., Protestant: 10:30 a.m.

Weekday Mass: Tuesdays at 11:15 a.m.



GULF COAST USO

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

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

FREE Services: Fax - Send/Receive: 228-575-5225, Copies, Snacks and Drinks, United Through Reading Program, Computers with web cams Internet/Email Access, X-Box

Chapel Offerings

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Gospel Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m. on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

Seabee Pantry

The Seabee Pantry is a valuable resource for those military families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. The Seabee Pantry is for Active Duty, Reserve, Retired and dependents of each.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to come share your gift.

For more information, please contact the Chapel at 228-981-2454.



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Local 24/7 Sexual Assault Prevention and Response Program Contact #:

(228) 596-0697

Your Installation Sexual Assault Response Coordinator's Contact #:

(228) 323-4717

Alternate Sexual Assault Response Coordinator's Contact #:

(504) 762-0224

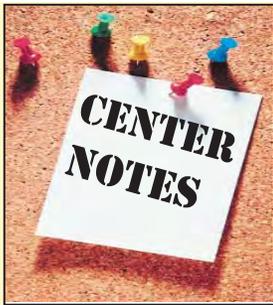
Click www.SafeHelpline.org

Call 877-995-5247

Text* 55-247 (INSIDE THE U.S.)

202-470-5546 (OUTSIDE THE U.S.)

*Text your location for the nearest support resources



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. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit www.facebook.com/nmcb11frg or email us at nmcb11frg@gmail.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. Email nmcb74fsg@yahoo.com or visit our Facebook page at

"NMCB74 Fearless FRG" for details. **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 babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com. Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families OverComing Under Stress (FOCUS), provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate & solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Gulfport Officer's Spouse Club

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, email goscgulfport@yahoo.com. We hope to see YOU soon!

Navy Wives Clubs of America, Inc.

The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare

of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsofamerica.org for more information on NWCA..

NMCRS

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

Gamblers Anonymous

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

TRAINING

Naval Sea Cadets The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room.

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

SOCIAL

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

NCBC Multi-Cultural Diversity Committee

is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 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 info.

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 of the 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, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

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

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport

is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., 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.seabeeuseum-store.org or call the gift shop at 228-871-4779 for information on all that is available.

Memorial Day Safety Tips

Memorial Day is a time of remembrance of those who have died in service to our great nation. Pause for a moment this holiday to observe and honor the sacrifices those before us made so we can truly appreciate our freedoms and liberties. Memorial Day weekend marks the beginning of the 'Live to Play - Play to Live' - Summer 2013 Safety Campaign which runs through Labor Day, designed to heighten awareness to activities in which Marines and Sailors are most often injured or killed, specifically: *Car/Motorcycle crashes; Water activities; Cookouts; Firearms and Alcohol Overindulgence*

Following these safety tips can prevent accidents not only over the Memorial Day weekend, but all year long:

~ Make sure you're adequately rested prior to travel. Wear your seatbelt and obey speed limits. Don't tailgate or text while driving. Check forecasts and complete a TRIPS assessment.

~ Never swim alone. Know rip-tide signs. Don't combine alcohol and water activities. Ensure someone knows your whereabouts, and estimated return time.

~ Never use gasoline or lighter fluids on grills or camp fires. Keep grills a safe distance from anything flammable. Dispose of foods left unattended.

~ Know and use the four safety rules for firearms. Avoid handling firearms if under the influence.

~ If you're going to drink - drink responsibly. Drinking and driving comes with many conse-

quences. Have a plan and remember, KEEP WHAT YOU EARNED.

~ Texting and/or talking on the phone while driving are distractions.

AT-RISK FACTORS:

~ Fatigue; Speeding; Distractions; No Seatbelt; Poor Planning; Lack of Focus; Excessive Alcohol

CONSEQUENCES:

~ Injury or death; Pain and suffering of family and friends; Vehicle damage or impounded; Ticket; Fines; Court/Lawyer fees; Loss of License; Jail time; Insurance premium increase; Potential of injuring others; Degradation of mission readiness and unit morale.



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Move-in Special
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Active, Retired, Dod Civ.
Call Balfour Beatty
228-863-0424

Keep up with what's happening on NCBC, by following the Seabee Center on Facebook and Twitter