

SEABEE COURIER

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Equipment Operator 1st Class Michael Kopsicker, assigned to Naval Construction Group (NCG) 2, Contingency Construction Crew Training (CCCT), digs a hole for an operational readiness exercise using a front-end loader at a training area on board NCBC Gulfport, July 8.

After the site is prepared, students of CCCT will patch and repair holes simulating a damaged airfield runway as part of their Airfield Damage Repair (ADR) training. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Seabee mixes it up at night

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NMCB 133 'Roos gain new CO

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NMCB 74 completes CPX 2

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Buzz on the Street

By CECN(SCW) Lucinda Moise
NCBC Public Affairs

"Who is your favorite music artist?"



"Jason Aldean."

CMCN Nathaniel Meyer
NMCB 11
Hometown: Haddam, Conn.



"Beyonce, nobody can top her."

CS3 Dimetrius Hopton
NMCB 74
Hometown: Milwaukee, Wis.



"Juicy J."

CSSN Kenya Grant
NMCB 74
Hometown: Hopkinsville, Ky.



Military and civilian personnel assigned to NCBC attend an All Hands Captain's Call with Capt. Paul Odenthal, commanding officer (CO), NCBC Gulfport, at the Training Hall on board NCBC, Gulfport, July 3. Odenthal formally introduced himself, discussed his intent as CO and an upcoming reduction in force (RIF) affecting civilian employees, as well as answered questions from the audience during his first All Hands Call since taking command June 27. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Builder 3rd Class Kathryn Melvin and Builder Constructionman Corbin Carnahan, both assigned to Naval Mobile Construction Battalion (NMCB) 74, hammer a post into the ground for a Sidewalk Project along 7th Street on board NCBC Gulfport, July 1. The project is expanding the sidewalk to make it safer for runners and pedestrians. Reminder, please do not cross safety barriers or enter project site while transiting the base. Construction is due to be complete September of this year. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

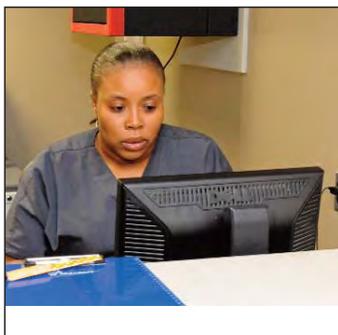


Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 and their families participate in a morning physical training (PT) session outside the Fitness Center on board NCBC Gulfport, June 28. In addition to the battalion's regular PT, every last Friday of the month families are invited to the base to exercise with their Seabees. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

FREEZE FRAME

By UTCN Alicia Fluty, NCBC Public Affairs

NCBC FRAMES Glenda Faye Shelby Medical Support Assistant NBHC Gulfport



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

GFS: The single most experience that stands out was working during my first duty station in 1989 while stationed at Naval Hospital Charleston. Working the night shift, mopping water and moving patients while Hurricane Hugo made land-fall was frightening and maturing.

FF: What has been your biggest motivation throughout

your career?

GFS: My biggest motivation throughout my career was working with civilian and military who were willing to work as a team to get the job done.

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

GFS: The advice I'd give future sailors would be to make the most of every duty station. Don't let others dictate your outcome.

FF: What is your favorite thing

about working with the Seabees?

GFS: My favorite part about working with the Seabees is the opportunity to build relationships with them and their families. I feel like part of an extended family.

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

GFS: My most influential mentor during my career was my LPO while stationed at Naval Hospital Pensacola. He encouraged and insisted that I attend college.

New RAD website is waiting for your input

By MC1(SW/AW) Nathan Laird
Defense Media Activity

The Chief of Naval Operations' Reduce Administrative Distractions (RAD) Team website launched July 1, and the effort is underway to get direct input from Sailors on how the Fleet can streamline or eliminate administrative processes to allow more time to focus on mission readiness.

The interactive RAD website provides all ranks, active, Reserve and Navy civilians with a platform to voice their concerns about administrative tasks, procedures, instructions and training, and propose solutions to fix these issues. It will function much like a social media interface, allowing users to comment and vote on posts.

The collected data can be analyzed by many different variables, from what is bothering commanding officers to what junior Sailors are concerned with.

The site has generated several responses on a wide variety of topics including anti-terrorism

force protection, quality assurance, Navy Knowledge Online and electronic routing. IdeaScale rewards users with merit badges based on their activity on the site.

Data collection via the RAD website is phase one of the multi-phase approach to streamline or eliminate administrative processes in the fleet and is slated for completion July 31. In phase two, the collected data will be analyzed and the team will make proposals to the "owner" of the administrative program for automation, elimination, reduction or other action by August 30. Phase three will be the action phase, allowing execution of the reduction measures and will wrap up Sept. 30.

Upon completion of the three phases, the program will promulgate the progress to date, monitor the impact and plan for the next cycle.

For more information, or to give feedback, visit the RAD website at <http://navyrad.ideascale.com/>

NCBC honors Gold Star Families with Designated Parking

Naval Construction Battalion Center (NCBC) Gulfport recently completed the installation of Gold Star Family (GSF) designated parking signs at key locations on board the Center as a means of honoring surviving families of Soldiers, Sailors, Airmen and Marines.

Public Works has installed GSF designated parking signs at 13 different locations, including the Commissary/Navy Exchange, Training Hall, Fitness Center, Chapel, Fleet and Family Support Center and Naval Branch Health Clinic (NBHC).

The GSF parking initiative comes from Commander, Navy Installations Command (CNIC) as a means of delivering on a promise to take care of the families of the fallen by recognizing and honoring the sacrifice of family members who have lost a loved one in military service. The term "Gold Star" families comes from the lapel pin, known as the "Gold Star Lapel button," that was established by Congress in 1965 to identify the widows, parents and next of kin of active duty service members who lost their lives in combat, retroactive to World War I.



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Seabee by day, MMA Fighter by night

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

NCBC Public Affairs

Military men and women are known to pursue a number of off-duty sporting activities; some join the command softball league, others race in triathlons, and many compete at an advanced level in their particular sport. Utilitiesman 1st Class Michael DeAngelo fits into this category. In addition to his day job as a Utilities Phase Head for Contingency Construction Crew Training (CCCT), DeAngelo competes in "the octagon" as a Mixed Martial Arts (MMA) fighter.

DeAngelo, a 12-year Seabee, has been studying martial arts for more than six years and has been awarded a black belt in Muay Thai, a combat sport from Thailand that uses punches, kicks, elbows and knee strikes, and a purple belt in Brazilian Jiu-Jitsu, a martial art, combat sport and self-defense system that focuses on grappling and ground fighting. He said he started training in martial arts as a way to do something worthwhile with his evenings.

"For a while I wasn't doing anything really productive aside from the Navy, and I had been enjoying old UFC (Ultimate Fighting Championship) after watching Bruce Lee and other martial arts movies as a kid. I decided that I wanted to give it a try while I was young enough, and didn't want to regret never giving it a shot," said DeAngelo.

Although he has been studying his art for a number of years, he has only been in the ring fighting for two years. After moving to Mississippi from Virginia and completing a



Utilitiesman 1st Class Michael DeAngelo, Utilities Phase Head for Naval Construction Group (NCG) 2, Contingency Construction Crew Training (CCCT), defeats his opponent using a guillotine choke during a mixed martial arts fight, June 29. DeAngelo has been studying martial arts for more than six years and fighting for the past two. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

few more years of training, he felt that he could compete safely.

"It's a fight and anything can happen, but I have the training now behind me to where as safely as can be expected to be done, I can go in there and compete at a high level and not have to worry about not knowing what to do in a certain situation and end up getting myself hurt," said DeAngelo.

DeAngelo said he gets in the ring for the experience, not to be a career MMA fighter. He compared the knowledge he gains in the ring to his designation as a Military Training Specialist (MTS), stating that he can't be a good MTS without being a subject matter expert, and at the same time he doesn't feel he can be a good MMA coach without having been a MMA fighter.

"I need the experience, the ring experience, because I

want to be able to coach and help other fighters and you can't do that without ring experience. I've been getting the experience of it all from the weight cutting to the training to everything. That way I can be involved in it as opposed to seeing it from the outside, I get to see it from the inside," said DeAngelo.

Leadership and being a positive ambassador for the Navy are two things that DeAngelo said are advantages of being a martial arts teacher.

"It [teaching Muay Thai] gives me a chance to be more toward my job in the Navy as an instructor. It helps me be in front of more people, and gets me out in the community and work with teenagers and adults and do events, which stems from working there at the gym," said DeAngelo.

"People know I'm active duty military, so I think it's good for community relations."

To train at a MMA gym a person could spend between \$50 and \$200 per month, which DeAngelo says is likely less than what many young Seabees spend on things that are worth much less than the discipline and skill they could learn through martial arts.

"These guys that are in the barracks, these young troops, young guys and girls, they're getting in trouble doing all kinds of stuff. If they were to get into martial arts they probably wouldn't want to party as much, maybe not buy that carton of cigarettes. They would get in better shape and throw the cigarettes away, now they can afford to go to the gym. You have to look at what you're going to spend your money on.

Although she is always a little worried when he is in the ring, Calisha DeAngelo said she is always supportive of her husband of 10 years.

"I'm okay with it [him fighting]. I mean I definitely get nervous. It weighs on me a little bit, but for the most part I'm okay. I'll always support him in whatever he does. For the most part I just want him to be happy with his performance and feel like he did his best. Regardless of the end results I'm always proud of him."

DeAngelo said he would like to see the Navy develop a hand-to-hand combat type of program, and would just as much like to be part of its development.

"If the Navy could implement their own program, I would love to be involved in whatever that program is. Just like the Army and Marine Corps have their own program, I think the Navy should as well."

Navy Operational Support Center (NOSC) change of command July 13, 9 a.m. Building 114 (NOSC) Uniform for military: Summer White or equivalent Civilians: informal

CBC Command Assessment Team (CAT) seeks members

The CAT team is looking for new members. Officer, enlisted, and civilians are all welcome. If you are interested in being part of the Team, please contact Culinary Specialist 1st Class Michael Luzunaris at Michael.luzunaris@navy.mil or 228-871-2194.

NCBC Pass and ID Service Note: Pass and ID will be minimally manned on Mondays and Fridays due to the government furlough. This reduction is expected to last through Sept. 23. Effective July 13, Pass and ID will be open Monday - Friday, 6 a.m. - 3:30 p.m. and CLOSED on all weekends and federal holidays. Please plan accordingly.

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NMCB 133 marks leadership transition

MC1 Steven Myers
NMCB 133 Public Affairs

The Seabees of Naval Mobile Construction Battalion (NMCB) 133 marked a transition in the battalion's history with a change of command ceremony aboard Naval Construction Battalion Center Gulfport June 28.

During the ceremony Cmdr. Nick Yamodis relinquished command to Cmdr. Jeff Powell.

Guest speaker Brig. Gen. David L. Weeks, Deputy Commanding General, 416th Theater Engineer Command, said he was amazed by the magnitude and complexity of the construction efforts NMCB 133 completed during their recent Afghanistan deployment under his command.

During the deployment, NMCB 133 completed more than 70 projects, constructed more than 18 kilometers of protection berm and moved more than 1.25 million cubic feet of earth. The battalion also constructed five water wells, a medical facility, and more than 104 thousand square feet of infrastructure.

"In summary," Weeks said, "when I needed quality engi-

neering construction, and I needed it right away, I didn't go to the Army. I looked to the Seabees to execute . . . and execute they did."

"An organization takes on the personality of its commander," Weeks added. "133's unprecedented levels of professionalism, mission accomplishment and morale are cemented by a great command climate."

Yamodis said he has always been focused on team accomplishments.

"I could not have been more proud or humbled to have been a part of this team," said Yamodis. "Our accomplishments supporting Joint Task Force Empire, then Triple Nickel as Task Force Anchor resonate with an indelible commitment to serve our oath brilliantly. We were manned, trained, and equipped to deliver and did so magnificently."

"When our conviction of purpose was tested, everyone pulled together and snapped back with even greater force and tempo," he added. "It has been my greatest honor serv-

ing with you and collectively answering the call. Thank you for your honor, courage and commitment throughout our war fighting forward together."

Yamodis will next serve as the Chief Staff Officer for the Twenty Second Naval Construction Regiment.

Powell said he was humbled and honored to again serve with the Seabees of NMCB 133. He had served as the battalion's Executive Officer from 2008 to 2010.

He charged each member of the battalion to embrace and enhance the legacy of the battalion as they open the next chapter in the battalion's history.

"My priorities and philosophy are simple," Powell said. "Mission Focused and People Centered. My vision is that we will be the most combat credible battalion in the [Naval Construction Force], always ready to operate forward to provide relevant and timely construction to the supported commanders. I expect your best. I promise that you will have mine."



Cmdr. Nick Yamodis salutes the Naval Mobile Construction Battalion 133 colors held by Commanding Officer Cmdr. Jeff Powell during a change of command ceremony. The passing of the colors is a physical representation of the immediate transfer of responsibility and authority between the relieved Commander and the relieving Commander. (U.S. Navy photo by Mass Communication Specialist 1st Class Steven Myers/Released)

Seabee Betty legacy remains alive for generations on island of Guam

by **JoAnna Delfin**
Joint Marianas Public Affairs
CM2 Joshua Norrick
NMCB 5 Public Affairs

Sailors, personnel from Naval Facilities Engineering Command (NAVFAC) Marianas, Soldiers from the 84th Engineering Battalion, Seabees assigned to Naval Mobile Construction Battalion (NMCB) 5 and family and friends gathered to commemorate the 10-year anniversary of the passing of Vicenta Chargualaf Peredo, affectionately known as "Seabee Betty" at Guam Veterans Cemetery in Piti, Guam, June 20.

Born in 1934, in the village of Yona, Seabee Betty established a relationship with service members in the 1950s, and was a temporary

mother and friend to thousands of Seabees until her death in 2003. She hosted welcome and farewell parties for each Seabee battalion stationed on the island and fostered a family spirit among the commands and island community.

Capt. John Heckmann, NAVFAC Marianas commanding officer, recalled his memories of meeting Seabee Betty and discussed the significance of remembering who she was.

"Commemorating the tenth year since Seabee Betty's passing is an opportunity to celebrate a life and legacy that really demonstrates the very essence of the welcoming Guam culture that we know and love," he said. "We honor her memory not only in our remem-

brance of her life, but also by emulating her actions in the kindness we show to others."

Debbie Peredo, daughter of Seabee Betty, spoke at the memorial about her mother.

"All the kids were excited because Seabee Betty was the only one who could bring all of the military to the village," said Debbie. "All they needed was three big buses and maybe two convoy trucks, and we would have about 200 of them [Seabees] sitting at Seabee Betty's place having a feast."

Equipment Operator 1st Class Joshua Harr, assigned to NMCB 5, recalled his deployment to Guam in 2002 with NMCB 40 when he went to a fiesta at Seabee Betty's.

"It was amazing," Harr said. "The

whole battalion loaded into the old 5 ton cargo trucks and drove into the hills. When we arrived at Seabee Betty's house, it seemed like the entire village was out there to greet us."

"It was a good feeling to be part of that."

Since Betty's passing, her daughter has taken on the title "Seabee Debbie." With the help of her family she has continued the legacy her mother created six decades ago.

"It is an honor and a blessing to carry on the legacy of our dearly beloved mother," said Debbie.

"I would like to carry on my mom's legacy forever and to celebrate her life with my Seabees and the rest of my armed forces."



Electronics Technician 3rd Class Andrew Hallenbeck, assigned to Naval Mobile Construction Battalion (NMCB) 5, hugs Seabee Debbie, Debbie Peredo, following a remembrance ceremony for her mother, Seabee Betty. The ceremony was to commemorate the 10-year anniversary of the passing of Vicenta Chargualaf Peredo, affectionately known as "Seabee Betty." U.S. Navy photo/Released)

NMCB 74 trains for future; completes CPX2

By BU2 Brian Whelan
NMCB 74 Public Affairs

Some say that information is half the battle.

The Seabees of Naval Mobile Construction Battalion (NMCB) 74, tackle this element of the battlefield the same way they tackle the other half; realistic scenario-driven training, conducted during their second Command Post Exercise (CPX) of Homeport 2013.

CPX allows the officers and enlisted members of the Seabees to practice their methods of collecting, interpreting, transmitting, and receiving all the information necessary to meet the challenges presented in a war time environment.

Simulated within a small tent setup, advanced radio assemblies are manned by personnel while physical security guards access each tent and the equipment within. NMCB 74 watchstanders get to display their proficiency in using this equipment to react to different events, but there are always distant and immediate threats they are keen to avoid. Enemies eavesdropping, camp intruders, and snipers are all challenges that must be met to keep the information flowing.

The security of the communication gear, and strict protocol in



Builder 1st Class Nathan Jacobs, center, briefs Cmdr. David McAlister, left, commanding officer, Naval Mobile Construction Battalion (NMCB) 74, and other battalion staff members, as part of a command post exercise (CPX) pre deployment training evolution. The Seabees of Fearless 74 are preparing for their capstone field training exercise (FTX) in an effort to maintain readiness for their 2014 deployment. (U.S. Navy photo by Mass Communication 2nd Class Ryan Williams/ Released)

using the gear, is just one of the aspects of the exercise. Scenarios that call for Medical Evacuation (MEDEVAC) requests, Chemical, Biological Radiological (CBR) attack reporting, and severe disruption in the chain of command, require our 'Bees

to adjust to conditions on the fly and more deeply explore the benefits and consequences of their communications' timeliness and accuracy.

For these situations there will always be a greater emphasis on the men and women in the

field, the first ones to make contact and provide higher headquarters with critical information.

The intercommunication between separate units and companies in one battalion may be the primary mission of this training but it's certainly not the only

one.

The higher end of the chain of command must understand the relationships they have with adjacent or higher echelon-type groups.

"It's great to function effectively on our own but in real world scenarios we're not alone; whether it be other Navy units, Army, Marine Corps, they're on the other end of the phone and we all depend on and complement one another," said Builder Chief Petty Officer Wayne Sperko of NMCB 74 Air Detachment,

Whether they are in a machine gun pit, on a patrol or in a tent, helping troops understand how their information and observations continue ever higher and branch put ever further shows just how integral their role is in mission success.

The CPX training is just one of the multiple Unit Level Training (ULT) exercises that are conducted for NMCB 74 as they gear up for their Field Training Exercise this fall and the deployment to follow.

When a Seabee with their many and varied responsibilities, needs to develop their skill sets for a dynamic wartime environment, they rely on an old adage. Train like you fight. Fight like you train.

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.



C25K race Friday

Roger Hudson, NCBC Gulfport administration officer and Couch to 5K (C25K) participant, practices for the upcoming 5K footrace using a treadmill at the Fitness Center on board NCBC Gulfport, July 3, the last day of the C25K program, an 8-week program that is designed to not only get participants in better physical condition, but to teach them fundamentals and mechanics of running. C25K will culminate in a 5-kilometer footrace Friday, July 12. The race begins at 6:30 a.m. behind the Fitness Center and all with base access are invited to participate. For further information, contact Joan Hudson at 228-871-2353. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



NCBC begins new hazmat program

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

NCBC Public Affairs

Hazardous material (HM) must be handled, stored and disposed of correctly, or a serious threat to human health and/or the environment may result. The Naval Construction Battalion Center (NCBC) Gulfport Hazardous Material Minimization Center's (HAZMINCEN) motto of "From Cradle to Grave" emphasizes their commitment to managing HM from the time it is obtained on board NCBC to the time it is disposed of.

To ensure compliance with federal, Department of the Navy and regional policy, NCBC implemented a new Consolidated Hazardous Material Reutilization and Inventory Management Program (CHRIMP) instruction June 12. The instruction, NCBCGPTINST 5090.6B, applies to all installation departments and tenant commands, military, civilian and contract personnel working within the confines of NCBC.

"The new instruction is de-

signed to walk the customer through the CHRIMP requirements. Additionally, the instruction provides all of the documentation required to ensure compliance with the program," said Kathy Grindstaff, NCBC Gulfport's Deputy Supply Officer.

According to CHRIMP Coordinator, Jeremiah McCaleb, the new program will eliminate the purchase of excess HM, ensure the proper storage and disposal of HM, and ensure that it is not wasted.

"The procedure brings awareness to several essential factors; the material that is being ordered, how much is being ordered, the length of time it's stored, the amount that is being used and how it is being disposed of. Work centers are authorized to keep a 30-day supply of hazardous material that is on their Authorized Use List (AUL), but any material that exceeds 30 days must be returned to the HAZMINCEN," said McCaleb.

William Lee, a CHRIMP Coordinator, said the way in which HM is managed is a major change incorporated into the new program.

"Now everything is procured through the Third Party Logistics (3PL) provider [currently SERV-MART]. Once it comes in it's delivered to the HAZMINCEN where it is CHRIMPED [indicating the material has been received, documented, and bar-code labeled for tracking purposes] and then picked up by the person that ordered it," said Lee.

The NCBC Gulfport Supply Department will be sponsoring a CHRIMP and 3PL Customer Outreach Meeting July 23. The meeting will provide an open forum for all customers to discuss the new requirements with both the Supply Department and the 3PL Provider. The meeting place and time will be disseminated via email.

The HAZMINCEN, located in building 228, manages all HM activities on board NCBC. For more information call 228-871-2147.



Public Works Hazmat Representative, Kevin Hagerdon, checks in hazardous material received at the Hazardous Material Minimization Center (HAZMINCEN). A new HM management program has been implemented on board Naval Construction Battalion Center (NCBC) to help reduce the amount of obtainable, stored, dispersed, and disposed of hazardous material. (Photo courtesy of the HAZMINCEN)

Thrift Store accepting donations

Although the Navy-Marine Corps Relief Society (NMCRS) is closed through July, donations are still being accepted. Donors may call 228-871-2610 to arrange for drop off or pick up.



Facts to know before disposing of cooking oil

By EO1(SCW) Douglas Pojegy
NAVFAC SE, PWD Environmental

Most people know that while it may improve the flavor of food, cooking with oil and grease is not particularly good for the human body. However, you may not realize that improper disposal of the fats from our cooking is bad for the environment as well.

Tossing what seems to be a little bit of kitchen waste in the trash or down the drain can harm wildlife and wreak havoc on local sewage systems.

Here are some things to consider before recycling oil.

~ Waste oil turned into biodiesel may produce 87 percent less emissions than regular diesel.

~ Your recycled oil has to go through a chemical process

called "transesterification" before it can become biodiesel. So don't start pouring cooking oil straight into your gas tank!

~ You can recycle cooking oil and motor oil, but never mix them! They are different substances which go through different recycling processes. Mixing results in the inability to recycle either one.

~ Plan ahead when planning to recycle. Don't wait until you have a pan of leftover oil to dump. Make a designated waste oil container, label it and put it somewhere everyone in your home can easily access.

~ Grease sticks to pipes in small particles which catch each other, collecting until the mass is large enough to block, and thus backup, sewage lines.

~ If you have small amounts of kitchen grease (such as lard, shortening or tallow) which you cannot avoid going down the drain, then use cold water so that it solidifies and is less likely to stick to the pipes.

~ Cooking oil and kitchen grease in plumbing systems is the number one cause of stopped up sewer pipes.

~ Try placing a "no grease here" sign or other reminder for you and your family. After you've all established better habits, you can take it down. The link below will give you information on when and where to take recyclable items for Harrison County Resident: <http://search.earth911.com/?what=Cooking+Oil&where=39501>

For additional information on recycling, contact EO1(SCW) Pojegy, 228- 871-3118 or email: Douglas.pojegy@navy.mil.

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.

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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

A midsummer night's scheme



On any given summer night, the teens of our great nation take to the streets of their respective towns, in search of something to do. They can be seen outside pizza joints, ice cream stands and movie theaters, doing what teenagers do best – hanging out.

Except for parachute pants, banana clips and Pat Benatar; things were pretty much the same when I was a teenager.

After summer chores like grass cutting and weeding green beans, sometimes supplemented with an hour of laying out coated in tanning oil, I was released by my parents to search for fun in our little Western Pennsylvania town.

The first step in hatching a plan for the evening was a telephone call to my best friend, Patti (except for that boring summer when she had a boyfriend,) on the rotary candlestick phone in my bedroom. The second step was to confirm that neither of us was invited to a party (a rarity) or had a date (not a chance.) The final step was to decide on transportation, which was almost always my dad's enormous 1977 Chevy Blazer.

I'd pick Patti up at her house, and after applying copious amounts of lip gloss and making

sure our bangs looked just right, we'd cruise the town.

Our journey always started with a drive by the local arcade. "Games 101" was a hangout of sorts, and although Patti and I didn't really give two shakes about Asteroids or Ms. Pacman, we knew that the arcade was a veritable Command Center, where all information on teenage social events was collected and disseminated.

Sometimes we scored big and received word of a bonfire in Bennett's woods or a party at the house of a classmate we all referred to as "Meatball," but usually, Patti and I drove around for hours, all glossed up, trying to not look too desperate.

Some nights, we'd scrape together a few goofy girlfriends, and go to the local drive-in movie theater -- The Palace Gardens. Refusing to spend our hard earned grass cutting/ice cream scooping money on overpriced admission, we employed certain well-known strategies for avoiding the normal admission price.

For example, on nights when the Palace Gardens offered a one-price-per-carload special, we'd pack nearly a dozen teenage girls, big bangs and all, into one vehicle. On regular admission nights, we'd reduce our costs by hiding two unlucky girls into the dog crate my father built into the back of the Blazer. It was a struggle to keep straight faces while driving by the ticket booth.

If we were feeling particularly daring (or cheap) we'd sneak into The Palace Gardens by crawling through an opening in the fence. On one such occasion, six of us made the attempt as a group.

We had heard rumors that the management was cracking down on teens who refused to pay by lacing the fence with some kind of foul concoction made from watered down cow manure. We all knew that nothing could ruin one's chances of getting a boyfriend like stepping in poo, so we were particularly cautious that night.

Using hand signals as if we were executing a special ops raid on an Al-Qaeda compound, we snuck through the woods and permeated the fence without any mishaps.

Or so we thought.

The nightly double feature included the new hit "Porky's," but once inside the fence, we headed straight for the large group of loitering teens near concessions. On the way, we realized that one of our comrades had been hit.

"What's that smell?" Peggy whispered. Our sniffing noses soon found the source of the pungent odor – Andrea's Jordache jean cuff had been tainted by the enemy's foul biological weapon.

Poor Andrea spent the evening at a distant picnic table so as to avoid humiliation, but the rest of us had a great time mingling among the cars under the stars on that balmy summer night.

And now, when I see today's teens acting out their own midsummer night's scheme, I remember my youth, smile, and hope that all their dreams of summer fun come true.

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

Health Watch: Identification and prevention of heat-related injuries

By Lt.j.g. Jamie Dubeck
NBHC Gulfport

Summer is finally here and so is the Mississippi heat! Many of you may have noticed the increasing number of Black Flag Warnings here at NCBC Gulfport – these are issued when temperatures rise above 90 degrees. As happy as we are to enjoy more frequent outdoor activities and fun in the sun, it is important to be aware of the increased potential for heat-related injuries and the predisposing factors that put certain individuals at a greater risk. In these Black Flag conditions, when exposed to such high temperatures, prevention and identification of early warning signs and symptoms is essential to better protect yourself and your loved ones from the blistering summer heat.

The demographic at highest risk of sustaining an exertional heat injury are athletes, soldiers and workers (i.e. construction, firefighters) who perform intense exercise in high temperatures. Furthermore, in areas of high humidity, the body's primary cooling mechanism (sweat evaporation) becomes ineffective and the chance of sustaining a heat related injury increases significantly, specifically when humidity is greater than 75 percent.

Other predisposing risk factors include: poor physical fitness, obesity, dehydration, alcohol, various medications (i.e. diuretics, antihistamines, decongestants and amphetamines to name a few), previous heat stroke, and lack of acclimatization of individuals from more temperate climates. Acclimatization is the body's ability to improve its response and tolerance to heat over time and requires at least one to two weeks of gradual exposure.

The United States military classifies heat injuries into three phases: heat cramps, heat exhaustion and heat stroke. Heat cramps are exercise associated



muscle cramps and can be prevented with adequate hydration and intake of electrolytes lost during perspiration such as sodium and potassium (which are supplied in most sports drinks). Progression to heat exhaustion occurs with continued salt and water loss through excessive perspiration causing a potentially dangerous drop in blood pressure from dehydration and can be avoided by frequent work/rest cycles and adequate hydration. Signs of heat exhaustion include increased heart rate, fatigue, weakness, nausea, vomiting, abdominal cramps, headache, dizziness, loss of coordination, mild confusion, and fainting. In this phase confusion and loss of consciousness are usually fleeting and resolve quickly with rest and prompt cooling. Heat stroke occurs when body temperatures reach critical levels (> 104°F) and result in collapse during or after exertion with central nervous system depression such as profound mental status alteration, coma, compromised airway and breathing, convulsions and cardiac arrest; skin is often (but not always) hot, red and dry.

If any of these warning signs are observed or reported prompt cooling of the victim's body temperature is of the utmost importance.

- ~ Immediately place individual in the shade with legs elevated.
- ~ Soak their skin and clothing with water.
- ~ Cool them with fans or other air circulation
- ~ Have them hydrate with cold water if they are able.
- ~ Seek urgent medical assistance.

The Race Will begin 0630 sharp behind the Fitness Center

All Command PT and eligible patrons welcome




COUCH TO 5K RUN

Friday July 12th • FITNESS CENTER

IM Flag Football League – August 20th
Sign Up July 16 – July 30

7 players Min
12 players Max
Active Duty only



MWR Mission First... Sailors Always

Coach's Meeting – August 7 at 11:30 a.m. Gym Conference Room
For more information please contact Sam at 228-822-5109 or samuel.perkins2@navymil.



Check out what's playing this week! Bring along your copy of MWR's July calendar and get a FREE REFILL on your L/XL popcorn all month long! Always know what's playing with the movie hotline number - 228-871-3299.

FREE Movies at the Training Hall

Friday: **42**, PG13, 6 p.m.; Saturday: **Jack the Giant Slayer**, PG13, Noon; **Oblivion**, PG13, 2:45 p.m.; **G.I. Joe: Retaliation**, PG13, 5 p.m.; Sunday: **The Host**, PG13, 6 p.m.

MWR Mission First... Sailors Always

Summertime Fun **MWR** Mission First... Sailors Always

8 Weeks of Family Fitness Classes
July 13th – August 31th



Fitness Center
Saturday Mornings

All age groups are welcome! Parents must participate with their children.
Join us for one or both!

Call 871-2668 for more information




Aquatic Cardio
1030-1115 In the Pool

Cardio Fun
1130-1215 In the Gymnasium

f For more information on NBC MWR, like us on Facebook! Or, Text CBCFun, CBCMWR(Liberty) or CBCFitness to 30364 to be the first to know about upcoming events and specials!



MWR Program contact information

Anchors & Eagles	228-871-4607
Auto Skills Center	228-871-2804
Beehive All Hands Club	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
Shields 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

NCBC Helping Hands volunteer opportunities

VOLUNTEERS TO BUILD RAMPS

- Volunteers are needed to build handicap ramps in Saucier and Biloxi. If you are interested in helping, please contact Susan at Fleet and Family Support Center (FFSC), 228-871-3640 or 228-424-2947.

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!

NAVY MARINE CORPS RELIEF

SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers to work at the Thrift Store. Due to volunteer shortages, the store will be closed during July. Those who are interested in volunteering in August are asked to call 228-871-2610.

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.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handy-men/women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

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.

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 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.

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 share your gift.

For more information, please contact the Chapel at 228-871-2454.

New FREE SAT/ACT Cloud version PowerPrep programs available for military families

By Michael McCracken

ESA School/Press Liaison
 Over the past two years eKnowledge in conjunction with the ESA (eKnowledge Sports Alliance) and the Donation Project have invested \$1.5 Million to complete the new "Cloud" (Internet) SAT and ACT PowerPrep Programs for military families.

Now you truly have the Freedom to learn your way. Access your program from any computer from around the world. Preparing for your collegiate future has never been easier.

Just like the Free disc version (also available to Military fami-

lies) The "Cloud" SAT and ACT PowerPrep programs include more than 11 hours of video instruction, 3,000 files of supplemental test preparation material, sample questions and practice tests. Students select the training and study at their own pace.

For more information, or to order a program, go to: www.eknowledge.com/SBC or call 951-256-4076 (reference: Seabee Courier).

Please use the URL/Link specific to the Seabee Courier because that is what removes the \$250 retail cost.



GULF COAST USO

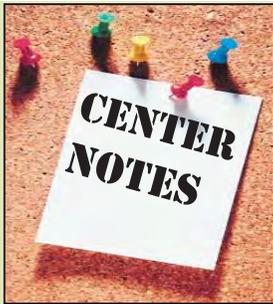
901 CBC 3rd St., Building 114, 228-575-5224

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

Due to the Government Furlough, the NCBC Commissary is closed on Mondays and Tuesdays. This closure is expected to remain in effect throughout the furlough.





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/133fsg>.

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

Gamblers Anonymous

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

Commissaries collecting for Feds Feed Families

By Jessica Rouse

DeCA Public Affairs Specialist

The 2013 Feds Feed Families food drive campaign is in full swing as commissaries once again serve as one of the collection points on military installations.

Military customers and federal employees can donate nonperishable food and personal hygiene items to the campaign using marked bins located at the entries or exits of participating commissaries. Donations to the program help charitable organizations such as the local food bank.

This year, Defense Commissary Agency employees at the agency's Fort Lee, Va., headquarters and at 180 commissaries in 46 states and Puerto Rico are collecting donations.

"This program is important to charitable organizations like food banks," said DeCA Director and CEO Joseph H. Jeu. "It collects food items and other needed items that some families might not get otherwise. It's a great way for employees and customers to give back to our communities."

Last year, more than 660,000 pounds of items were donated at commissary locations. Over all, the combined total for all federal agencies was 7.2 million pounds during the 2012 campaign. Commissaries collected 30 percent of the

DOD total. This year the campaign, which began June 1, runs through Aug. 31.

Once again, some commissaries will sell donation packages that allow customers to purchase a package and drop it in donation bins as they leave the store. Last year, commissaries sold more than 9,000 donation packages, totaling more than \$83,000.

The most needed items for donations include:

- ~ Canned vegetables – low sodium, no salt
- ~ Canned fruits – in light syrup or its own juices
- ~ Canned proteins – tuna, salmon, chicken, peanut butter and beans
- ~ Soups – beef stew, chili, chicken noodle, turkey or rice
- ~ Condiments – tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils
- ~ Snacks – individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers
- ~ Multigrain cereal
- ~ 100 percent juice – all sizes, including juice boxes
- ~ Grains – brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta, and macaroni and cheese

~ Paper products and household items – paper towels, napkins, cleaning supplies

~ Hygiene items – diapers, deodorants (men and women), feminine products, toilet paper, tissues, soap, toothpaste and shampoo

The Feds Feed Families food drive campaign grew out of the Serve America Act that created "United We Serve," an initiative that urged Americans to contribute to the nation's economic recovery by helping their communities. The U.S. Department of Agriculture (USDA) and the Chief Human Capital Council are managing the campaign. Commissary participation is tied to its local installation's ability to provide support to pick up and deliver the donated items.

"We not only serve the men and women of the military and their families," Jeu said. "We also contribute to our surrounding communities."

