

# SEABEE COURIER

## Seabee Combat Warfare Soldier: 130th Engineer Battalion service member earns Navy qualification



KABUL, Afghanistan - Builder 2nd Class (SCW) Matthew Bettes pins Army Staff Sgt. Trevor Johnson with the Seabee Combat Warfare qualification at the Naval Mobile Construction Battalion (NMCB) 25 awards ceremony May 22. Bettes mentored Johnson throughout the qualification process, which the Soldier earned while attached to NMCB 25's train and assist and partnering operations to develop and sustain the specialty and general engineering capabilities of the Afghan National Engineer Brigade in order to provide critical engineer skill sets to the Government of the Islamic Republic of Afghanistan. (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon/Released)

By MC1 Patrick Gordon  
NMCB 25 Public Affairs

The Seabee Combat Warfare (SCW) qualification is one of the most sought after and difficult warfare qualifications to attain in the Navy. It is the culmination of what is often months of effort to demonstrate an extensive knowledge of Seabee operations at every level of command. Only members attached to a qualifying Naval Construction Force unit may obtain the qualification, and even then, not everyone does. But in the case of one Soldier attached to Naval Mobile Construction Battalion (NMCB) 25, the thrill of a challenge drove him to achieve his SCW qualification, despite not being a Seabee at all.

Army Staff Sgt. Trevor Johnson, 130th Engineer Brigade Survey and Design Training Noncommissioned Officer in Charge, became attached to NMCB 25 at Camp Phoenix shortly after the battalion's arrival to Afghanistan in April. His job was to assist in the training of engineers and officers in the Afghan National Engineer Brigade (NEB). While getting to know the Seabees he would be working with, he was made aware of the SCW program.

"It came up about a week after we got here, someone just said something about SCWs, and then somebody else said that I shouldn't get it because it would make him look bad getting my pin before a Seabee did," said

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### NMCB 11 Seabees construct road for Border Patrol

By Lt.j.g. Caroline Perruci

Joint Task Force - North Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 deployed to Rio Grande City, Texas, from April to May of this year to construct a road in support of the U.S. Border Patrol (USBP).

The 5,069-foot long road will aid in executing the USBP's mission of border security along the Rio Grande River in the Rio Grande Valley (RGV).

"RGV sector welcomes and appreciates the assistance," said Danny Tirado, an operations officer with the Rio Grande Valley Sector, USBP. He added that the work NMCB 11 did "allow quick response from agents to degrade criminal

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### NMCB 1 bids CO farewell, welcomes aboard new leader

By MCC Kim Martinez  
NMCB 1 Public Affairs

OKINAWA, Japan - Naval Mobile Construction Battalion (NMCB) 1 held a change of command ceremony aboard Camp Shields, Okinawa, Japan June 10.

Cmdr. Kemit Spears relieved Cmdr. Chad Brooks as commanding officer of the battalion, which is currently deployed to Japan as part of six-month deployment to the region. Brooks assumed command of NMCB 1 in July 2012. Under his direction, the battalion successfully completed two dynamic deployments to the Europe, Africa and Pacific theaters. It provided construction support to Combined Task Force 68 and Combined Joint Task Force Horn of Africa and

successfully completed a homeport training period while implementing force-wide unit level training initiatives. He concluded his tour after planning and executing a uniquely manpower constrained deployment in support of U.S. strategic objectives in the Pacific region.

Brooks opened his remarks by acknowledging NMCB 1's history, people and achievements and how the command upheld his leadership philosophy, which he established at the start of his tenure with the battalion.

"I set out a simple vision for our command and charged us to place the mission first while exhibiting the finest character," said Brooks. "By choosing to wear the cloth of our great nation, we commit our willingness to fight and



Cmdr. Kemit Spears relieves Cmdr. Chad Brooks as commanding officer of Naval Mobile Construction Battalion (NMCB) 1 during a change of command ceremony at Camp Shields in Okinawa, Japan, June 10. (U.S. Navy photo by Mass Communication Specialist 1st Class Todd Macdonald/Released)

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# NCBC Gulfport Sailors advance

By MCC(SCW/SW/AW)  
**Ryan G. Wilber**  
 NCBC Public Affairs

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Capt. Paul Odenthal, commanding officer, Naval Construction Battalion Center (NCBC) Gulfport, frocked 11 Sailors to the next higher paygrade during a frocking ceremony at building 1, June 4.

Frocking is a Navy tradition that dates back to the early 1800s that authorizes newly advanced Sailors to wear the rank and assume the responsibilities of the paygrade for which they have been selected. However, these Sailors will not receive the higher pay until their actual advancement date.

During the ceremony five Sailors were frocked to Petty Officer 3rd Class and six were frocked to Petty Officer 2nd Class. Every new chevron comes with greater responsibility and that is what Culinary Specialist 2nd Class Rakeem Joseph, a native of St. Croix, U.S. Virgin Islands assigned to NCBC Gulfport, Colmer Dining Facility, said he felt about his advancement, even though he is

still looking forward to the pay raise when it comes. "First and foremost, it [being advanced] means more responsibilities," said Joseph. "I am responsible to myself first to carry on and be an example and not get myself in any kind of trouble for myself, my kids, my family. Also it means responsibilities to guys that are more junior to me, and also gives me an opportunity to change my finances too."

As the Navy has evolved, so has frocking. In the past, a Sailor's shipmates did the frocking by secretly sewing the new insignia onto the uniform. Today, frockings often include a family member or mentor as the guest of honor at the ceremony. Joseph had his son, Akeev, place his cover.

"Since I've been in, he has been my inspiration to push forward, to make more money, more responsibilities for myself, so I can know how I can be a better role model for him," said Joseph. "I can see that the majority of what I've done so far has rubbed off on him, and I



**Culinary Specialist 2nd Class Rakeem Joseph's son, Akeev, places his cover during a frocking ceremony at building 1 on board NCBC Gulfport, June 4. Joseph was one of 11 Sailors frocked to the next highest paygrade during the ceremony.** (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

figured I'd be honored to have him switch out my rank for me. He's my world right now, my life."

Sailors in paygrades E-3 to E-6 compete in a Navy-wide advancement exam

twice a year, in March and September. Studying using the current bibliography and working hard to earn good evaluations have historically been the keys to advancement.

**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, Email: CNRSE\_HOTLINE@navy.mil

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.); Text \*202-470-5546 (outside the U.S.) \*Text your location for the nearest support resources.

**OFF LIMITS**

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of May 29, 2014.

**Permanent Off-Limits Establishments:**  
**Biloxi:** YaYa's, 2751 Pass Road  
**Gulfport:**

Herbal Alternatives, 1909 East Pass Road; Herbal Alternatives, 11530 Highway 49; Sinsations Night Club, 1809 30th Ave.

**Pascagoula:** Bunksmall Apartments, 708 South Pascagoula St.  
**Ocean Springs:** The

Purple Pelican Night Club, 1001 Bowen Ave.

**Temporary Off-Limits Establishments:**  
**Biloxi:** Club Veaux, 834 Howard Ave.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This does not apply to Armed

Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice. This letter supersedes the previous Off- Limits List of Nov. 21, 2013.





Steelworker 1st Class Richard Tidrick, left, an instructor assigned to Contingency Construction Crew Training (CCCT), directs students assigned to Naval Mobile Construction Battalion (NMCB) 11 as they retrieve a double-story medium girder bridge during a Medium Girder Crew Leader class on board NCBC Gulfport, June 5. The objective of the crew leader class is for the students to gain the required skills and knowledge to teach battalion crew members to properly assemble and retrieve a medium girder bridge. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth A. Archer/Released)



Chaz Hudson, a motorcycle instructor for NCBC Gulfport's Safety Office, gives direction to motorcycle riders during a Basic Rider's Course (BRC) held at the big grinder on board NCBC Gulfport, June 4. Basic rider's courses are designed to teach students the appropriate gear to wear when riding, how to inspect their motorcycles, how to start and stop, and how to maneuver their motorcycles in a variety of driving environments and traffic situations. The course also meets the Navy's minimum requirements for operating a motorcycle on and off base when all other licensing requirements are met. For more information on enrolling in a course, contact your command motorcycle safety representative, or visit: <http://www.navymotorcyclerider.com/>. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Staff Sgt. Perez Diaz (left) and 1st Sgt. Jeff Chamberlain, of the Inspector-Instructor Staff for Detachment 2 Maintenance Company, grade Navy Junior Recruit Officer Training (NJROTC) cadets of Alfa Platoon during an armed drill demonstration on board NCBC Gulfport, June 6. Alfa Platoon is part of a three-platoon five-state group of 91 cadets from Mississippi, Louisiana, Alabama, Arkansas and the panhandle of Florida, conducting training and evaluation during their annual Basic Leadership Training, which consists of marching drill, physical fitness, leadership and academics. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



# *My Dad is the best because . . .*

By CE2 Courtney Demastus, NCBC Public Affairs



"He is nice!"

**Alexander K**  
NBHC Gulfport



"He takes me to the big movie theater."

**Aniyhni W**  
NMCB 11



"He always picks me up when we go home."

**Genevieve R**  
NMCB 1



"He takes me out to the movies."

**Jesse R**  
NCG2



"He plays with me and it's always fun."

**Na'Layah C**  
NCBC Gulfport



"He went into the Navy."

**Carlos P**  
NMCB 11



"He is in the Navy and takes care of me."

**Sophia S**  
NMCB 133



"He is mine and he always makes food."

**Isaiah T**  
Army Engineer Battalion, Charlie Co.

# HAPPY FATHERS DAY

*Don't forget dear old dad  
June 15!*



"He helps make things easier, especially when it comes to school."

**Chloe D**  
NMCB 1



"He helps me with my school work even when he is doing his [college]."

**Anthony W**  
Biloxi VA Center



"He is the best dad being a police officer."

**Keira B**  
NMCB 1

# Buzzworthy

Current topics we are thinking and talking about

Courtesy of NAS Kingsville Public Affairs

**Domestic Violence:** On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — more than 12 million women and men over the course of a year. National Domestic Violence Hotline advocates are available 24/7 at 1-800-799-SAFE (7233) in over 170 languages. All calls are confidential and anonymous. <http://www.thehotline.org/help/>  
**SAPR:** Active Bystander Intervention: One of the most effective methods of preventing sexual assault is bystander intervention. What is Active Bystander Intervention?  
• This approach encourages people to identify situations that might lead to a sexual assault and then safely intervene to prevent an assault from occurring.  
• The approach also allows for a change in cultural expectations by empowering everyone to say or do something when they see inappropriate or harmful behavior.

• This method of intervention places the responsibility of sexual assault prevention on both men and women.

**Help Someone You Know** - When choosing what form of assistance to use, there are a variety of ways to intervene. Some of them are direct, and some of them are less obvious to the perpetrator:

- Making up an excuse to get him/her out of a potentially dangerous situation
- Letting a friend or co-worker know that his or her actions may lead to serious consequences
- Never leaving a his/her side, despite the efforts of someone to get him/her alone or away from you
- Using a group of friends to remind someone behaving inappropriately that his or her behavior should be respectful
- Taking steps to curb someone's use of alcohol before problems occur
- Calling the authorities when the situation warrants

**Suicide Prevention:** If you, your shipmate, or a loved one is having trouble navigating stress or experiencing a crisis, help is ALWAYS available. *Seeking help is a sign of strength.*

**MILITARY CRISIS LINE**-Connects active duty service members and

veterans in crisis with qualified and caring Department of Veterans Affairs responders through a confidential, toll-free hotline, 24 hours a day, 7 days a week. Support is available via telephone, mobile text or online. Call 1-800-273-TALK (8255, Option 1).

**Alcohol:** What Every Party Host Needs to Know

- Don't rely on coffee or a cold shower to sober up your guests. Only time can make someone sober.
- Beer and wine are just as intoxicating as hard liquor.
- Don't rely on someone's physical appearance to determine if he or she has had too much to drink.
- Mixers won't help dilute alcohol. Carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more. How will I be held responsible if one of my guests is involved in a crash? The laws vary from state to state, but you could be held responsible for the costs associated with the crash, including medical bills and property damage and be sued for emotional pain and suffering.

**Drug Use:** The National Roadside Survey of Alcohol and Drug Use by

Drivers,<sup>1</sup> a nationally representative survey by the National Highway Traffic Safety Administration (NHTSA), found that 16 percent of weekend nighttime drivers (roughly 1 in 6) tested positive for illicit drugs or medications. Equally disturbing are 2011 results from the National Survey on Drug Use and Health indicating that 9.3 million Americans aged 16 or older reported driving under the influence of illicit drugs in the past year.<sup>2</sup>

**\*\*The bottom line shipmates:** In all of the above, YOU are the key to our success in the Navy! Intervene, speak up and look out for one another . . . don't be the one who stands by and watches a shipmate fall.\*\*

<sup>1</sup> U.S. Department of Transportation, National Highway Traffic Safety Administration. 2007 National Roadside Survey of Alcohol and Drug Use by Drivers: Drug Results (2009). Available at <http://www.nhtsa.gov>.

<sup>2</sup> Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. National Survey on Drug Use and Health, 2002-2011. Unpublished special tabulations (October 2012).

## Operation BOOTS to BUSINESS

Operation Boots to Business, a two day workshop for people considering small business ownership, will be held June 17 - 18, 8 a.m. - noon, at Fleet and Family Support Center (FFSC)

Gulfport. Take the next step to starting a business after your military service. Sponsored by the U.S. Small Business Administration and FFSC. To register, call 228-871-3000. All with authorized access to NCBC Gulfport are welcome.

# New 'G' School means flexibility for Seabees

By **CE1 Jason Lohman** NCTC Gulfport and **CE2 Courtney Demastus** NCBC Gulfport Public Affairs

Over the last year, the Navy created a new "G" school format for Construction Electrician (CE) students at the Naval Construction Training Center (NCTC) on board the Naval Construction Battalion Center (NCBC) Gulfport geared toward developing the best trained and most modernized Seabees.

"I think it's important to getting back to the technical experts that we should be," said Construction Electrician 1st Class Jason Lohman, NCTC Gulfport CE School Instructor. "The focus now is on peacetime

construction not contingency construction."

With this in mind, the new curriculum is not just Seabee specific training, but current within the civilian workforce and focuses on electrical theory, power distribution, electrical motors and controllers, advanced base power plant maintenance and interior wiring. This new curriculum offers CEs a chance to gain extensive knowledge in the subject areas; however, they must complete all five courses before receiving a final grade, Sailor-Marine American Council on Education Registry Transcript (SMART) credit or the Navy Enlisted Classification (NEC) 5635.

While it may take a little longer, unlike the 13-week "C" School, the single-

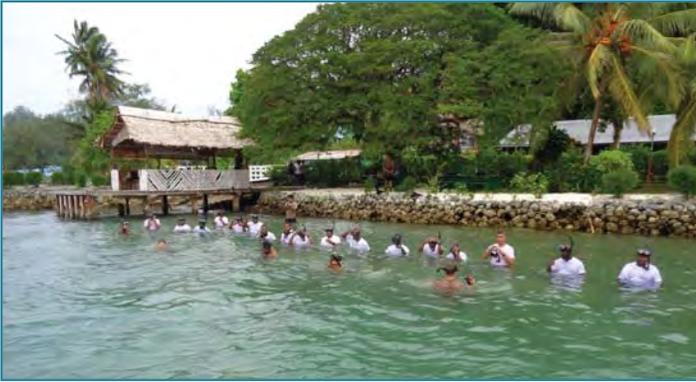
subject "G" School allows a student to enroll for a class throughout the year if seats are available. This benefits the member and provides flexibility to commands with critical operation needs and can't afford to send a member for the length of a traditional school.

"It's a great course that every CE should go through," said Construction Electrician 2nd Class Bruce Huff, a student assigned to the NCTC CE School. "The current instructors are very attentive to not only us, but also in lab and classroom surroundings. They will guide you in the right direction."

Seabees interested in taking a "G" School should contact their command's Training Department.



Students attending Naval Construction Center (NCTC) Gulfport Construction Electrician (CE) School, take turns switching the changeover board [allows conversion from using high to low voltage] on the 30k diesel generator on board NCBC Gulfport, June 10. Students are currently covering [hands-on] generator components in preparation for their troubleshooting labs. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



Seabee Divers from Underwater Construction Team (UCT) Two, instruct members of the Solomon Islands Police Force (RSIPF) in mask, fin and snorkel techniques. UCT TWO's Construction Dive Detachment Charlie (CDDC) is leading the RSIPF in 5 weeks of basic and advanced SCUBA training as part of the Humanitarian Mine Action (HMA) program. Topics include underwater searching, supervisory skills, preventative maintenance and safety procedures. (U.S. Navy photo by Equipment Operator 1st Class Manuel Terrero/Released)

# UCT-2

## HMA program

### Soloman Islands



Above: Utilitiesman 2nd Class (SCW/DV) Erick Martin, Underwater Construction Team (UCT) Two, inspects the SCUBA gear of a member of the Solomon Island Police Force (RSIPF) following a ditch and don evolution. UCT 2 is in the Solomon Islands on their 5th of six stops spanning five countries during their deployment across Pacific Fleet. They'll be conducting inspection, maintenance and repair of various underwater and waterfront facilities along with participation in four Pacific Fleet exercises.



Left: Construction Electrician 1st Class (SCW/DV) Daniel Luberto, Underwater Construction Team (UCT) Two, instructs members of the Solomon Island Police Force (RSIPF) in proper buddy breathing ascent procedures. (U.S. Navy photos by Equipment Operator 1st Class Manuel Terrero/Released)

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organizations operating in that area."

Despite returning in February 2014 from a six-month deployment overseas, the 35 Seabees from NMCB 11 who volunteered for the mission spent the past two months dedicated to the project. For many, the mission was an exciting chance to see a new place and to execute a project that would make a meaningful difference and demonstrate their capabilities. "I've gotten the chance to work with a lot of great people out here, including

the agents with U.S. Border Patrol. I've learned more about how USBP works and what they do. I'm happy to be here," said Mackenzie Oflaherty, an Equipment Operator Constructionman with NMCB 11. The Seabee battalion, based in Gulfport, Miss., specializes in contingency construction, disaster response and humanitarian assistance.

For others, the mission is also an opportunity to gain more experience in the construction trade.

"I've learned so much on this mission, I don't even know where to begin! There are many pieces to

this project [and] each step is important," said Equipment Operator Constructionman Lorisha Reece.

Completing the project required equipment operators, engineering aides to survey the road, a logistics specialist to coordinate berthing and construction materials, and construction mechanics to maintain the equipment.



Equipment Operator 2nd Class Joseph Sperry records elevations as Engineering Aide Constructionman Sanrley Oliveira measures the elevation of the centerline of an all-weather road, April 15. Both are assigned to Naval Mobile Construction Battalion (NMCB) 11 and recently deployed to Rio Grande City, Texas, in support of the U.S. Border Patrol. (U.S. Navy photo by Lieutenant Junior Grade Caroline Perruci/Released)

Seabee Courier

From **SCWS** page 1 Johnson. "So then I was like, 'Alright, what do I have to do to get it?' So that was one of my main motivators, but it turned into a lot more." Johnson received approval from the command to participate in the program, and dove in head first. For three weeks straight he devoted every moment of free time to studying the ins and outs of Seabee operations, history, and equipment. No easy task, as the program consists of personnel qualification course work, a written examination, and two oral examinations. Every aspect of the Seabee motto, "We Build, We Fight," is covered, recovered, and committed to memory. But Johnson remained undaunted through it all, even relishing the challenge.

"I liked it; it was one of the more difficult things I've had to do," said Johnson. "It's a lot of information, and just to use it practically is something the Army does, but never quite to that extent. You never sit down and cover that much all at once." Johnson followed the same process as other qualifying members of the battalion, attending evening classes in SCWs topics and reading the qualification materials. But certain aspects of the qualification process presented unique challenges to him as a Soldier. Certain parts of the training, such as con-

vooy operations and weapons specifications, were familiar to him. Other topics, unique to the Seabees, proved to be more difficult.

"The hard parts were things like embark – the Army doesn't really do that," said Johnson. "We'll just go to a supply specialist or someone else who knows what they're doing and tell them we're moving from here to there, then they just tell us what to do and then we just do it." Not having access to certain websites and resources that naval personnel do proved to be an obstacle as well, and Johnson found himself having to track down subject matter experts within the battalion to gain necessary information. But even this proved to be a blessing in disguise.

"Mainly all the best information came from people in the battalion," said Johnson. "Because I don't have the access to naval documents that some of the Seabees do, I couldn't look up information as easily as just finding the person who knows it. And, since not everyone knows everything, it was a good way to learn a little bit of everything, and get to know the battalion, too."

Johnson was not alone in the process, though. A Seabee and fellow member of the NEB train and assist mission stood by to guide him through it all and provide a path to success.

"Builder 2nd Class [Matthew] Bettes helped me out a lot," said Johnson. "He kind of guided me through the process, answered any questions I had, he was always there to help me."

Bettes mentored Johnson through the process from start to finish, and even he was surprised by the lightning speed with which staff sergeant completed the program.

"I'm pretty impressed it only took him three weeks," said Bettes. "He was pretty motivated; He did all of the work, I just pointed him in the right direction. He needed a little help with Seabee specific stuff, but he just took the information and ran with it."

After becoming qualified as a Seabee Combat Warfare Specialist, Johnson found himself being an inspiration to Seabees and his fellow soldiers.

"It's great. We've been approached by a few of the other Soldiers in the battalion to get in to the program, and I've seen a few of our [Seabees] really pick up the pace since seeing Staff Sergeant Johnson get his SCWs," said Bettes. "I guess they don't want to let Army say they beat Navy on this one."



# NMCB 11 CPX



Seabee's assigned to Naval Mobile Construction Battalion (NMCB) 11 don their gas mask in preparation for a chemical attack scenario during Command Post Exercise (CPX) 1 on board Naval Construction Battalion Center (NCBC) Gulfport. NMCB 11 conducts these exercises to enhance the battalion's command and control skills in preparation for their upcoming deployment. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/RELEASED.)

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From **NMCB 1** page 1

die for each other if needed. I am confident that if any one of us were hurting or struggling, that many of us would be willing to respond at any hour of the day, and at any cost to ourselves, to help."

He continued his remarks, thanking the Sailors of NMCB 1 for their hard work and incessant dedication to service. "To the crew of NMCB 1, President Reagan often spoke of the United States as a shining city upon a hill, a beacon of hope to the world. Thirty years later, your selfless service to our country embodies that vision today," said Brooks. "You are the finest men and women our nation can produce. You are points of light and beacons of hope in our generation. Thank you for choosing

to serve. You have exceeded every high expectation I set for us and done everything asked of you," said Brooks.

Brooks went on to say that the deck plate leadership demonstrated by his chief petty officers inspired him and also said that a large measure of his unit's success was due to the collaborative effort of some of 'the most talented officers in the Navy,' who make up the NMCB 1 wardroom.

"To these future senior leaders and commanding officers in our Navy, your devotion and teamwork were inspiring to me," said Brooks. "To these and other innovators who made us successful, thank you! I will be privileged to serve with you again."

Capt. John Adametz, commander, Naval Construction Group (NCG)

2 was the guest speaker for the event, traveling from Gulfport to take part in the ceremony.

"Command is one of the most important elements in our Navy and the success of our Navy is dependent upon those in the position of command and their quality as leaders," said Adametz.

"They must be exemplary in their conduct, passionate and compassionate; they must be fair and steadfast, and they must be visionaries. Cmdr. Chad Brooks is an excellent example of a leader who took the pressures of command and succeeded brilliantly!"

Brooks closed his speech by thanking his wife and children, who were watching the change of command ceremony via video stream back in Washington, D.C.

He thanked them for allowing

him the 'opportunity of a lifetime' to serve with NMCB 1, calling it the high point of his career.

Cmdr. Kemit Spears comes to NMCB 1 from the OPNAV staff in Washington, D.C. He called Brooks an inspiring leader and said that he is humbled to relieve him.

"I am honored to serve as your commanding officer today. There is no greater place to be than in a Seabee Battalion, and in particular, NMCB 1," said Spears. "You are executing professionalism, leadership, selfless hard work, logistics support, tactical readiness and construction expertise across the globe. Your daily efforts and faithfulness make those who have gone before you immensely proud. Your work at each location is making a difference. I am excited about what lies ahead of us."

Seabee Courier

# Focus on Education

## Sailors are reminded to verify PRIMS data

By Navy Personnel Command Public Affairs and MCC(SCW/SW/AW) Ryan G. Wilber NCBC Public Affairs

As the current semi-annual Physical Fitness Assessments (PFA) on board NCBC Gulfport and across the Navy are coming to an end, Navy officials remind Sailors to verify their results in the Physical Readiness Information Management System (PRIMS).

Every Sailor, enlisted and officer, is required to participate in a semi-annual PFA made up of a Body Composition Assessment (BCA) and Physical Readiness Test (PRT), which includes push-ups for an upper body component, sit-ups for a core component and a 1 1/2 mile run or various cardio machines for a cardio component. Each component is timed, recorded and the individual scores translated into an overall PFA score.

All commands are required to report their PFA data via PRIMS no later than 30 days after conducting the PFA in accordance with guidelines established in the Navy's Physical Readiness Program instruction, OPNAVINST 6110.1J. Each Sailor must have a record for both PFA cycles in the year, even if the record reflects non-participation status due to deployment, individual augmentee,

medical waiver, etc.

Sailors need to verify their data within 60 days so that any corrections can be made by the Command Fitness Leader at the command level. After six months of a PFA completion, record changes can only be made by PRIMS administrators at Navy Personnel Command, which requires a letter of correction from the individual's commanding officer, on letter head, that grants authorization to make the change.

"It is my intention that no mistakes are made, but we are all human, so if a Sailor finds a discrepancy that needs corrected I am here to help him or her make that correction," said Chief Master-at-Arms Danielle Metz, NCBC Gulfport, command fitness leader (CFL). "I encourage Sailors to verify their PRIMS record after they complete each PFA cycle to ensure their record is updated and correct."

Discrepancies or omissions not reported to the CFL can become a big headache for a Sailor or worse. According to Physical Readiness Operating Guide 11, accuracy of PFA records is ultimately the responsibility of the member, and all issues are to be addressed with the CFL prior to transferring to a new command. Members have one year from the PFA test date to request a correction to an error in



**Chief Master-at-Arms Danielle Metz, NCBC Gulfport, command fitness leader (CFL), enters Physical Fitness Assessment (PFA) scores into the Physical Readiness Information Management System (PRIMS) database at the Security Building on board NCBC Gulfport, June 4. Navy officials remind Sailors to verify their results in PRIMS within 60 days, so that any corrections can be made by the CFL at the command level. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)**

PRIMS. All requests greater than one year will be processed on a case by case basis.

For more PRIMS and physical readiness information, visit the Navy Physical Readiness website: [www.npc.navy.mil/support/21st\\_Century\\_Sailor/physical/Pages/default2.aspx](http://www.npc.navy.mil/support/21st_Century_Sailor/physical/Pages/default2.aspx). For Navy Personnel Command news, visit [www.navy.mil/local/npc](http://www.navy.mil/local/npc).

## Coast School District Back to School Dates

District/Teacher report date/Student report date/Number of Military Family Life Counselors per school

- Bay Waveland:** Aug. 1/ Aug. 7/na
- Biloxi:** Aug. 4/Aug. 7/3
- Gulfport:** Aug. 11/Aug. 18/1
- Hancock:** Aug. 1/Aug. 7/1
- Harrison:** Aug. 4/Aug. 7/2
- Jackson County:** Aug. 1/Aug. 6/1
- Long Beach:** Aug. 4/ Aug. 7/2
- Moss Point:** Aug. 4/ Aug. 6/na
- Ocean Springs:** Aug. 13/Aug. 18/2
- Pascagoula:** Aug. 1/ Aug. 7/1

NCBC School Liaison Officer Kevin Byrd, MWR, Building 352, 1706 Bainbridge Ave, Phone: 228-871-2117, Email: [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil)

June 12, 2014

## June Fire Safety

From NCBC Fire and Emergency Services

If you are planning to spend time camping this summer or if you just like toasting marshmallows in the back yard, it's a good idea to be educated on campfire safety by keeping the following tips in mind.

**Follow Area Rules**  
Always follow the campfire rules for the area where you are camping or living. Some parks and towns prohibit fires, and these rules are there for a reason. Check the local regulations before you build your fire.

**Check Surroundings**

Choose a location for your campfire where it will not spread. Never build a campfire near any dry leaves or grassy areas or under overhanging tree branches. Before building a campfire, clear away all shrubbery and vegetation from the area, dig a pit for the fire and surround it with rocks.

**Be Smart about Lighter Fluid**  
Do not store gasoline, liquid fire starter, or any other type of flammable liquid near the campfire. It's too easy for stray flames to ignite these materials.

### Keep Your Fire Away from the Tent

Do not place your campfire near the tent. Always build campfires downwind from the tent. Only use tents made from flame-retardant materials if you'll be having a campfire.

**Stay nearby**  
Never leave a campfire lit if there is no one to attend to it. If you're going to sleep for the night, always take the time to put the fire out.

**Be Prepared**  
Never light a campfire if you do not have the means of extinguishing



it. Always keep plenty of water and a shovel near the campfire to use in an emergency and to put the campfire out.

### Know How to Put IT Out!

To extinguish a campfire, douse it with water. Use a shovel to bury the fire with ash and dirt. Then douse the area with water.

## See Something Wrong

### Do Something Right

NCIS has two 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 S2US. 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](http://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.

Seabee Courier

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Life, hot flashing before my eyes

Last week, on the morning of my 48th birthday, I had my very first hot flash.

The uncanny coincidence of this occurrence made it seem psychosomatic. However, I could not deny the unsettling reality of the sweat moustache that had formed while I was eating my scrambled eggs. I tried to pass the event off as a fluke, but while going about my day, I started thinking, You know, I'm getting kind of old. Really old.

I had always been content with the progression of my life as a Navy wife and mother of three, generally gratified to have found a calling to serve my family, rather than selfish endeavors like my own career and living location preferences. I had said many times, "As long as the kids are happy, I'm happy."

But suddenly, life was passing before my eyes as if death was imminent. I thought about my education and quickly decided that I'd wasted it. I thought about my early work experiences as a young attorney before Navy life, and summarily concluded that my brain had atrophied from lack of use, and must now be the size of a tangerine. I thought about my homemaking skills, swiftly determining that I was mediocre at best.

After decades of gleaning my own identity from the contentment of my family members, it was suddenly all about me.

Although I normally would not mercilessly rip myself to shreds, there



was something about this particular birthday that had me wallowing in panicked self-loathing. Perhaps it was the hair that seemed to be clinging damply to the back of my perspiring neck. Or maybe it was the sudden lack of bladder control. Did I detect a throbbing bunion? Was I sprouting age spots?

As my 48th birthday progressed, I relentlessly berated, harangued, nit-picked, criticized and condemned myself until I could feel my spider veins bulge.

Why do I snap at the kids so much? Why can't I seem to cook a decent meal without turning meat into shoe leather? Why do I watch so much TV at night? Why couldn't I ever get rid of this paunch? Why didn't I moisturize when I was younger? Why do I always forget to bring my coupons to the commissary? Why? Why? Why?!

By the time my husband came home from work, I was slumped in a kitchen chair, staring into a cup of coffee that had gone cold. I'd hit rock bottom.

"Happy birthday, Honey," he offered with a grin. I looked up weakly,

and said, "I think I'm having some kind of mid-life crisis ... can you sit down and listen to me for a sec?"

For the next 20 minutes, my husband sat calmly in his cammies at our kitchen table, permitting me to tell him all about the hot flash and the resulting epiphany that revealed the harsh truth: I had never really amounted to much and it was definitely too late to do anything about it.

At the risk of sounding sexist, I find that men have a unique ability to simplify complex emotional situations that women tend to over complicate; or maybe they just don't get it. Either way, it can be helpful.

A quintessential male, my husband waited until the end of my rant, then simply got up and poured us each a glass of wine. I wondered whether he had heard anything I'd just said. Then, holding his glass up to toast mine, he delivered the birthday joke that had become his annual tradition: "Honey, you might have turned 48 today, but you're built like you're 47."

I couldn't help but laugh like I always do, and in that instant, my hot flash turned into a flash flood of gratitude for the ups and downs of life, the simplicity of love, and the boundless support of my little family.

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoesoflife.com>. Follow Lisa @MolinariWrites

# Health Watch

## Did You Know? Making TRICARE's Well-Child benefit work for your family

Courtesy of Naval Branch Health Clinic Gulfport



TRICARE provides well-child care for eligible children from birth until reaching age 6, regardless of program option. The well-child benefit includes, but is not limited to:

- Routine newborn care
- Comprehensive health-promotion and disease-prevention exams
- Vision and hearing screenings
- Routine immunizations, according to Centers for Disease Control and Prevention guidelines
- Developmental assessments, according to American Academy of Pediatrics (AAP) guidelines

You are not responsible for copayments or cost-shares for services covered under

TRICARE's well-child benefit. Your child can receive preventive care well-child visits as frequently as the AAP recommends, but no more than nine visits in two years.

Visit [www.tricare.mil/well-child](http://www.tricare.mil/well-child) to learn more about this benefit.

Your Naval Branch Health Clinic Gulfport staff is always ready and willing to assist in your health care. Please feel free to utilize your relay health account ([www.relay-health.com](http://www.relay-health.com)) to contact or follow-up with your provider.

**AUDRA**  
**SEXUAL ASSAULT SUPPORT GROUP**  
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

NCBC GULFPORT  
**SEABEE VOLKSLAUF MUD RUN**

**SATURDAY, OCTOBER 4 AT 8AM**

REGISTRATION BEGINS:  
April 15 AT  
[www.active.com](http://www.active.com)

For more information, follow us on FACEBOOK.  
[www.facebook.com/seabeevolkslaufmudrun](http://www.facebook.com/seabeevolkslaufmudrun)

# NCBC Helping Hands

**CITY OF OCEAN SPRINGS** - Ocean Springs is looking for volunteers with welding and concrete working skills to help them repair headstones in the Evergreen Cemetery. They would like to start the project June 17, and will have all tools, equipment and materials on site. The city's Public Works working hours are from 8 a.m. to 4 p.m., so volunteers can work with them during those hours as convenient. Point of contact is Alderman John Gill, 228-424-2660.

**SEABEE MEMORIAL CHAPEL** - The Seabee Memorial Chapel is looking for volunteers to help build and decorate props for the upcoming Vacation Bible School. If you are interested in showing your artistic skills, please call point of contact Stacey DuPre at 228-871-2925 or 2454.

**28TH STREET ELEMENTARY** - The United Way Summer Reading Program at 28th Street Elementary in Gulfport is looking for volunteers to tutor kindergartners - 3rd graders in reading. Volunteers are asked to donate one hour per week, Monday - Friday, between July 7 and Aug. 7. Point of contact is Mary Tell, 228-896-2213 extension 24.

**BILOXI VA** - Two volunteer requests: Biloxi VA is asking for 10 volunteers to help out as escorts at a luncheon June 17. Volunteers will report to building 15 at 10:15 a.m. and remain until the conclusion of the luncheon. Also, 10 - 15 volunteers are needed to escort patients from building 15 to building 17, June 19. If you are able to help with one or both of these events, point of contact is Susan Smith, 228-871-3640.

**HARRISON CENTRAL HIGH SCHOOL** - Volunteers are needed to build lockers for the HCHS volleyball team's locker room. Plans, tools and supplies will be provided. Project needs to be completed before the season begins in August. Point of contact is Lisa Sigworth, 228-326-7674.

**CITY OF GULFPORT BACK TO SCHOOL HEALTH/WELLNESS FAIR/FUN RUN** - The City of Gulfport is looking for volunteers for the Back to School Health and Wellness Fair and Fun Run at Jones Park, Aug. 2. Anyone interested in setting up a booth to demonstrate health and/or wellness associated with the military, or possibly set up a military-style obstacle course contact Katie King at: 228-868-5883.

**DISABILITY CONNECTION** - Disability Connection provides sup-

port to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

**GULFPORT SCHOOLS NAVAL SEA CADET CORPS** - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@uss.salvationarmy.org.

**HELP SENIORS AND DISABLED CITIZENS** - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

**NAVY-MARINE CORPS RELIEF SOCIETY** - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call 228-871-2610.

**USS ALABAMA ALWAYS LOOKING FOR HELP** - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

**USO GULF COAST** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through [www.usovolunteer.org](http://www.usovolunteer.org). This will allow you to keep track of your hours. Point of contact is Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org) for details.

June 12, 2014

## Seabee Memorial Chapel

### Religious Services Sunday:

Catholic Mass: 9:30 a.m.  
Protestant: 10:30 a.m.  
Weekday Mass:  
Tuesday: 11:15 a.m.



### NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

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

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

## What's happening at the Chapel?

### Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

### Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m.

(childcare available via volunteers)

### Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

### Meetings:

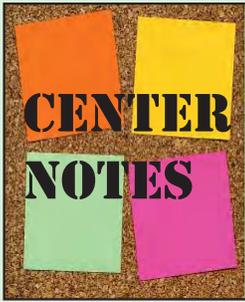
#### Chapel Council meetings

The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

#### Quarterly "State of the Chapel" meetings

The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The meetings will be at 5 p.m., for approximately 30 minutes Feb. 3, May 5, Aug. 4 and Nov. 3.

Seabee Courier



**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 Facebook, 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 Cen-

ter. 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** 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 and 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](mailto: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@gmail.com](mailto:goscgulfport@gmail.com) or Facebook <https://www.facebook.com/gosc.gulfport>. 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.navywivesclubofamerica.org](http://www.navywivesclubofamerica.org)

[www.navywivesclubofamerica.org](http://www.navywivesclubofamerica.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 details.

**TRAINING**

**Naval Sea Cadets**

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide 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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

**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 class-

room. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

**NCBC Multi-Cultural Diversity Committee** is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 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.

**The Ladies Auxiliary to the VFW Post 3937 Long Beach** would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

**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 at-

tend. Call 228-832-0017 for more info.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was re-commissioned 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 information.

**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, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto: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](http://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. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeesmuseumstore.org](http://www.seabeesmuseumstore.org) or call the gift store for more information at 228-871-4779.



GULF COAST USO  
901 CBC 3rd Street,  
Building 114  
228-575-5224

Free services:  
FAX, Send and Receive:  
228-575-5225, Copies,  
United Through Reading program, Computers with web cams, Internet/email access, X-Box

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

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to [bonnie.lindleymcgerr@navy.mil](mailto:bonnie.lindleymcgerr@navy.mil). Check out the new and improved website at: [http://www.cnbc.navy.mil/regions/rse/installations/ncbc\\_gulfport.html](http://www.cnbc.navy.mil/regions/rse/installations/ncbc_gulfport.html)

This week have each one of your friends commit to one night of designated driving. For for everyone . . . while keeping what you've earned



**SEE SOMETHING, SAY SOMETHING**



**Report Suspicious Activity To:**

[Roy.wertz@navy.mil](mailto:Roy.wertz@navy.mil) (228) 871-2105

[Ronald.perry1@navy.mil](mailto:Ronald.perry1@navy.mil) (228) 871-2104

**On Base Call, (228) 871-2361, Prompt #3**

**Off Base Call, 911**





**FITNESS CENTER  
EXTENDED POOL HOURS!**

Call (228) 871-2668  
for more information.  
Monday-Friday  
5:30 a.m. – 7 p.m.  
Saturday-Sunday  
9:30 a.m. – 4 p.m.

**AUTO HOBBY SHOP  
6 NEW OPERATIONAL LIFTS**

Call (228) 871-2804  
for more information.

**VEHICLE STORAGE  
11 NEW 40' SPOTS!**

Call (228) 871-2804  
for more information.

**FITNESS CENTER**

**BASKETBALL LEAGUE SIGNUPS  
THROUGH JUNE 27**

**RACQUETBALL LEAGUE SIGNUPS  
THROUGH JUNE 24**

**AQUATICS**

**NEW POOL HOURS!**

**SWIM CLUB  
MONDAY-THURSDAY  
11 A.M. – 1 P.M.**

**CDC**

**WATERPLAY  
EVERY TUES & THURS  
ALL SUMMER  
(WEATHER PERMITTING)**

**DONUTS FOR DADS 6/13 2 P.M.**

**CONTACT US!**

**Program Telephone Numbers & Hours**

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-7:00p, Sat-Sun 9:30a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	
SAC		Hours:	6-7:30a & 2:00-5:30p
Teen Center		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Rec Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p

**OUTDOOR RECREATION**

**JUNE SPECIAL  
CAMPING RENTAL PACKAGE  
\$29/DAY**

**BEEHIVE**

**COME HAVE FUN AT THE BEEHIVE!  
DARTS, POOL,  
7 TVS, MUSIC AND MORE!**

**ITT**

**GULF ISLANDS WATERPARK  
1 DAY PASSES FOR \$20**