

SEABEE COURIER

NMCB1 prepares to change command

By MCC Kim Martinez
NMCB 1 Public Affairs

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

Cmdr. Chad Brooks will turn over command of the battalion to Cmdr. Kemit Spears.

The ceremony will mark the end of a very successful two year command tour for Brooks. He led NMCB 1 through two deployments in the Europe, Africa, Pacific and Northern Commands; conducted ongoing construction related operations and humanitarian projects, and provided exercise support and theater security cooperation.

The battalion deployed Sailors to participate in bilateral and multilateral exercises including Africa Partnership Station, Jackal Stone, Pacific Partnership, Balikatan, Cooperation Afloat Readiness and Training (CARAT) and Key Resolve/Foal Eagle.

During Brooks' most recent deployment, NMCB 1 interacted extensively with several foreign militaries in the Pacific Fleet area of operations, developing enduring relationships and strengthening local institutions and communities throughout the region.

During this same period, NMCB 1 operated eight detail sites throughout the Pacific theater, four construction details in the United States, and maintained



two full battalion suites of deployed construction equipment.

"I am very proud of the hard work and many achievements of 'The First and The Finest' Seabees during our most recent two years of service together," said Brooks. "I have been privileged to serve with true patriots who rose to every challenge. I am honored to relinquish command of a great battalion to a terrific officer and my good friend, Commander Spears."

Spears, incoming commanding officer, is a 1995 graduate of the University of Oklahoma. He earned a Bachelor of Science in Civil Engineering. He earned his commission through Officer Candidate School in Pensacola, Florida in October 1995.

NMCB 1 provides combat-ready engineer forces in response to Combatant Commander and Naval Component Commander requirements and provides planning and operational support for Seabee employment.

NMCB 1 is homported out of Gulfport, Miss. and has 12 global details deployed throughout the United States and Pacific area of operations in Japan, Korea, Diego Garcia, Cambodia, Philippines, Timor Leste and Guam.

Authority to assume the title and wear the uniform - NCBC Sailors are frocked



As Capt. Paul Odenthal, left, commanding officer, Naval Construction Battalion Center (NCBC) Gulfport looks on, Master-at-Arms 1st Class Timothy Harrison, places the cover of newly-frocked Master-at-Arms 3rd Class William Kaeding, during a frocking ceremony at Building 1 on board NCBC, June 4. Odenthal frocked 11 Sailors who advanced from the March Navy-wide advancement exam. Frocking is an administrative authorization to assume the title and wear the uniform of a higher paygrade without entitlement to the pay and allowances of that grade. Frocking provides early recognition for members selected for petty officer third class through master chief petty officer. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Storm Season 2014 is here . . . Read what you can do to Be Ready . . .

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Skipper's Log

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The many seasons of summer

By Capt. Paul Odenthal
CO, NCBC Gulfport

Mark Twain's famous quip "If you don't like the weather, wait five minutes -- it'll change" seems quite appropriate for the many shifts in weather we have endured lately. The torrential downpours with local rivers overflowing their banks, followed by glorious spurts of sunshine have demonstrated the power and dynamic nature of our Mississippi weather. But we know these events are nothing compared to what Mother Nature can deliver when she truly loses her temper.

June 1 marked the start of hurricane season and we must keep a watchful eye on the Gulf of Mexico until the season ends on Nov. 30. But we cannot only watch . . . we have to get prepared NOW.

Is your car always at least half full with fuel? Do you have a "cash" backup? Are all your important documents in a "go bag"? These are only just a few things to think about. There are many others. Go to page 6 and check out a list to help you

and your family be ready. Many people think there is plenty of time when a hurricane is inbound; however, many times that is not the case . . . shelves are emptied, gas stations are out of fuel, and the hotels in Hattiesburg and points north are booked solid. You have to have a plan.

A good plan is even more essential for those of us who are deploying. Do not leave your spouse and family in the lurch trying to figure it out alone. Select a place for them to go during a hurricane and have a plan to get them there. Where will Fido and Fluffy stay? I will give you one clue . . . not left behind in your house. Two days before a storm hits is not the time to figure it out. You have to have a plan.

But this is not only Hurricane Season but also graduation and PCS Season. Congratulations to all in our Gulfport family who graduated this year whether college, high school, middle school, kindergarten, etc. We are very proud of you and wish you the best on your next endeavor. And, for our kids starting summer

break, enjoy the time off, but read a few books over the summer.

As far as PCS season goes, the moving trucks are already showing up across the base, some packing out and some unloading. We all know the stress that comes with moving, especially on our children; having to leave friends and starting a new school in the fall. I encourage parents to take extra time to give their children encouragement during this time, especially when their actions might not be all that great. In their world, you are turning their life upside down and they have little control or choice in the situation. Do your best to make them part of the move planning and include some fun time in your travels. Don't miss out on the opportunity to see the World's Largest Ball of Twine!

For those leaving Gulfport, we wish you the best and safe travels. If you are just arriving, welcome on board the best base in the Navy. There is plenty to do on the Gulf Coast, great family programs and some of the best people



you will ever find. There is no better place to live, work and train than NCBC.

Congratulations also to our new Petty Officers and those selected for promotion. Well done and wear those new insignia with pride . . . you earned them. To those who didn't make the list, don't give up. It was a tough year with limited quotas. Buckle down and make the next cycle yours!

Summer is certainly a busy time but please make time to be with your family and enjoy the perks of living on the coast. As always, be safe . . . every one of you is important to us and our mission. Have a great summer and keep charging!

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DoD
Safe Helpline
Sexual Assault Support for the DoD Community

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.

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



Single Sailors enjoy a night of fun playing Bingo at the Liberty Center on board NCBC, May 28. A few of them had never played before but they caught on quick! Prizes were given to the winners of each round of Bingo. The MWR Single Sailor program is open to all active duty military personnel 18 years or older. The program accommodates geographic bachelors and unaccompanied service members from all branches of services. The program's goal is to enhance the quality of life for these individuals by providing a comprehensive program of social, cultural, recreation, athletic and fitness activities in a safe and healthy environment. (U.S. Navy photo courtesy of MWR/Released)



The NCBC Gulfport Multicultural Diversity Committee presented an Asian American and Pacific Islander (AAPI) Heritage Month celebration to military members and civilians at the Navy Operational Support Center (NOSC) Drill Hall on board NCBC Gulfport, May 29. The celebration included the singing of the Philippine National Anthem by Utilitiesman Constructionman Irish Gonzalez, assigned to NCBC Gulfport, Administration Department, traditional dances by members of the Keesler Air Force AAPI Diversity Committee, authentic food and a ceremonial cake. The 2014 theme for AAPI Heritage Month is "I Am Beyond." (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Equipment Operator 2nd Class Jennifer Scurlock, assigned to Naval Mobile Construction Battalion (NMCB) 11, moves an Environmental Control Unit (ECU) into place as other NMCB 11 Seabees prepare to connect it during set up for a battalion Command Post Exercise (CPX) on board NCBC Gulfport, May 30. CPX allows battalions to practice command post watch standing and proper communication procedures. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



NCBC pauses for Days of Remembrance

By CE2(SCW) Courtney Demastus
NCBC Public Affairs

Across the nation, moments of silence were shared in communities in commemoration of the victims of the Holocaust. To continue the moments of silence in accordance with the 2014 Days of Remembrance (DoR) theme "Confronting the Holocaust: American Responses," Naval Construction Battalion Center (NCBC) Gulfport's Multicultural Diversity Committee (MCDC) welcomed all on board to attend a DoR Observance Program, May 29 at Seabee Memorial Chapel. This annual commemoration has been observed by state and local governments, military establishments, schools and religious communities across the country since 1980.

The Diversity Committee presented the observance of the Holocaust and Rwandan Genocide through a video and presentation. The presentation delivered emotional Holocaust Survivor literature and photographs recognizing the six million Jews killed in the Holocaust and one million Tutsis killed during the Rwandan Genocide.

The 2014 DoR theme was designed to remind the people of the world not only to never forget the victims of the Holocaust and ongoing genocides, but to also to learn from the past and speak out against systematic murder. These past tragedies can teach the warning signs and risk factors associated with genocide.

Learning the signs may help communities



Master-at-Arms 1st Class Brandon Miller, assigned to Naval Mobile Construction Battalion (NMCB) 74, presents historical information about the Holocaust to attendees of a Days of Remembrance observance, hosted by the NCBC Gulfport Multicultural Diversity Committee at the Seabee Memorial Chapel on board NCBC Gulfport, May 29. The 2014 DoR theme was: Confronting the Holocaust: American Responses. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

stand up for humanity and prevent further genocides worldwide.

According to the United States Holocaust Memorial Museum (USHMM) website, spreading this knowledge through education programs and DoR events is an important part of their mission.

"We remember all whose lives were lost or

forever altered by the Holocaust." "And, we are challenged to think about what might motivate us to respond to warning signs of genocide today. History teaches us that genocide can be prevented if enough people care enough to act. Our choices in response to hatred truly do matter, and together we can help fulfill the promise of Never Again."

The Diversity Committee hopes they have educated and reached out to personnel on board NCBC Gulfport. They believe with these informative observances, people will understand if they care enough that they too can act and stand up for mankind. For military troops, traveling to many countries and experiencing many cultures, information from these observances is vital to prevent future genocides.

"It's important to educate our troops of these dark events, so history will never repeat itself," said Multicultural Diversity Committee President Steelworker 2nd Class Shanta Crayton. "Our main goal for this event was to expose more genocidal events that took place around the world for our troops. As we often travel to these places; we need to know the history in order to understand their current culture."

For more information regarding the programming or committee positions, contact MCDC President Steelworker 2nd Class Shanta Crayton, at shanta.crayton@navy.mil; or attend a MCDC meeting held every Wednesday at 1:30 p.m. in the Seabee Memorial Chapel.

To learn more about Days of Remembrance, the Holocaust and the Rwandan Genocide, visit: <http://www.ushmm.org/>.

June 5, 2014

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

Fleet and Family Support Center (FFSC) is sponsoring a Military Spouses in the Workforce employment workshop June 25, 9:30-11 a.m., at FFSC. To register, call 228-871-3000.

SEE SOMETHING, SAY SOMETHING

Report Suspicious Activity to:
Roy.wertz@navy.mil (228) 871-2105
Ronald.perry1@navy.mil (228) 871-2104
 On Base Call, (228) 871-2361, Prompt #3
 Off Base Call, 911

Buzz on the Street

By CE2(SCW) Courtney Demastus
NCBC Public Affairs

"What do you think about the new Navy Exchange Minimart location?"



"I think that it is more centralized and it will have easier access [for customers]."

CM2 (Select) Johnathon Roeder
NMCB 133
Hometown: Wishek, N.D.



"It will be more convenient, especially for people in classes."

CE3 (Select) Kelly Turner
NMCB 11
Hometown: West Minster, Texas



"It'll be awesome having it closer to the school houses and easy to get to from the main road."

BUCN Joshua Hullinberger
NCBC Gulfport
Hometown: Coldwater, Mich.

Seabee Courier

Buzzworthy

Current topics we are thinking and talking about

Courtesy of NAS Kingsville Public Affairs

Domestic Violence: According to loveisrespect, a project of the National Domestic Violence Hotline, one in three teens in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a partner. While teen dating violence can happen to anyone, the majority of the violence affects young women. Women between the ages of 16

and 24 experience the highest rate of intimate partner violence - almost triple the national average. Our 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: Chairman of the Joint Chiefs of Staff has designated SAPR as #1 High Interest Training Issue for the Joint Force in the October 2013 Chairman's Joint Training Guidance for 2014-2017. DoD surveys of Sexual Assault in 2012 suggest that there may have been approximately 26,000 Service members who experienced some

form of USC (unwanted sexual contact) in the year prior to being surveyed.

Suicide Prevention: Talking about suicide doesn't give a person morbid thoughts. Rather, it's one of the most helpful things we can do to encourage our shipmates that It's Okay to Speak Up When You're Down. Seeking help is a sign of strength, and we can take the first step together.

Alcohol: The target population for Sailors at risk of abusing alcohol is defined as:

- ~ E-1 to E-5
- ~ Between 18-25 years of age
- ~ Within the first three years of

first enlistment

~ Within 12 months, before or after, 21st birthday

Drug Use: Deputy Director of Navy Alcohol and Drug Abuse Prevention office says "If a Sailor makes a poor choice and uses synthetic drugs, they need to know that there will be consequences. We are a zero-tolerance force for synthetic drug use."

****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.**

On the Move?

Tips to make the transition easier

From Balfour Beatty Communities

Moving is never easy and the process can be exhausting when transferring all of your belongings from house to house. Adding children and pets into the equation can make moving even more stressful.

Whether arriving or departing, an organized move is the key to success. Below are a few tips from Balfour Beatty Communities to help make your next move stress-free.

Packing Tips

- ~ Use the right size boxes
- ~ Put heavier items on the bottom of boxes, lighter items on top.
- ~ Don't leave empty spaces in the box
- ~ Avoid mixing items from different rooms in the same box.
- ~ Label each box with the room it's destined for and a description of its contents.
- ~ Tape boxes well
- ~ Bundle breakables
- ~ Limit cartons, when possible, to a maximum weight of 50 pounds and provide cushioning to absorb shock.

Moving with Children

- ~ Keep your children in the loop and talk openly about the move. Filling your children in on the big change sooner rather than later will give them extra time to process. Be available to talk and let them express their concerns openly. A writing journal may also give them the opportunity to write down favorite memories and jot down their thoughts and feelings.
- ~ Explore together. Spend time researching the area to see what fun things there are to do in your new town. You can also research sports and community activities in the area, such as events held by the Balfour Beatty Communities' LifeWorks program. For school-age children you can also review their school calendar to see if there are any upcoming interesting activities.
- ~ Get them involved with the packing process. Organize a special box with their favorite things and unpack this box first so that they feel at home.
- ~ Prepare for good byes. Collect email and street addresses as well as phone numbers from friends and neighbors. You can even prepare a message book for your child with well wishes from neighbors and friends to prepare them for their new journey.
- ~ For the move itself, make sure to have plenty of

entertainment available such as car/plane-friendly games, CDs, books/magazines and healthy snacks.

Eco-Friendly Move

At Balfour Beatty Communities, we take sustainability seriously. Below are a few suggestions to help you relocate responsibly.

- ~ Condense and simplify your belongings. The less you have, the less you have to move. To lessen the load, try hosting a yard sale to earn a few dollars or donate your belongings to a local charity organization.
- ~ Think ahead and save newspapers and coupon flyers early. They are perfect for wrapping your knickknacks and won't cost you extra money. You can also save bubble wrap, packing peanuts and padded envelopes from various purchases.
- ~ Invest in reusable bins or trunks. If you prefer using cardboard boxes, visit local stores to see if they have boxes that may have otherwise been discarded. Be sure to recycle your used boxes when you are finished with them.
- ~ Pass on plastic water bottles. Moving boxes and furniture can be a strenuous activity and it is important to stay hydrated. Consider purchasing a water filter or reusable water bottle. If you do use plastic water bottles, be sure to recycle!

Moving with Pets

Reach out to your current vet for a copy of your pet's medical records as well as any travel advice or vet recommendations in your new area. They may also offer some tricks to lessen the stress caused by traveling.

- ~ Prepare new ID tags for your pets with your new address. If your pet is micro-chipped, make sure the database is updated as well.
- ~ Pets like routine and will notice any unusual activities such as packing. Try packing over an extended period of time to lessen the anxiety for both you and your pet. Maintain your usual schedule for feeding, etc.
- ~ Stress has been known to cause misbehavior in pets and sometimes even causes them to run away. Make sure to have a recent photo on hand in case this unfortunate event occurs.
- ~ For small animals kept in cages, to prevent draft and keep them calm, be sure to cover the cage with a cloth. Let us help make your arrival or departure transition in family housing as smooth as possible. Contact your local Balfour Beatty Communities management office for more information.

Mandatory brief for housing residents

By NCBC Gulfport Fire & Emergency Services

All new housing residents are required by OP-NAVINST 11320.23G to attend a Fire Safety brief within 30 days of moving into base housing. The briefs are held on the first and third Wednesday each month at 3:30 p.m., in the Base Chapel.

Fire and Emergency Services, Security, Emergency Management, Fleet and Family Services, Naval Hospital Pensacola Branch Health Clinic, the Chaplain, FOCUS, Navy Exchange, and Navy Marine Corps Relief Society will present regulatory, policy and non-regulatory information. The brief will last no more than one hour.

If you have not attended a brief yet, plan to do so. Attendance is mandatory within 30 days, so don't wait for your Command to question you.

If you are unable to attend, call the Fire Chief at 228-871-3117 to discuss your situation.

Hurricane season is here - Be Ready Navy!

CNO-Mandated Hurricane Readiness Tasks for DON personnel to complete

Hurricane Season is here, and living in a hurricane zone means there is a good possibility of having to evacuate. Given this, there are four Chief of Naval Operations (CNO) mandated items for all Department of the Navy (DoN) personnel: enrollment in the Defense Travel System (DTS) Web site, obtaining a Government Travel Charge Card (GTCC), updating your Navy Family Accountability & Assessment System (NFAAS) account, and updating your Total Workforce Management System (TWMS) self-service account.

1. Defense Travel System - Per NAVADMIN 315/08, DTS is the Department of Defense (DoD) mandated electronic order writing system when DoN personnel go on official Temporary Duty Travel (TDY) or if there is a need to evacuate due to a natural disaster. All military personnel must be enrolled in DTS, or they will not receive reimbursement after an evacuation until enrollment is completed and DTS orders are written. Military family members and DoN civilians and their family members will be issued separate evacuation orders by their sponsor's command using a different system than DTS. DTS travel advances and claims will be processed online, and all non-DTS advances and travel claims will be filed with the Jacksonville Travel Processing Center (TPC) by completing a paper travel voucher. The main advantages of DTS are quick advances for those who are ineligible for a GTCC, as well as quick payment of travel claims upon return of an evacuation, most times within two to three work days, vice two to three weeks with TPC. See your command/department DTS Representative to enroll today

at www.defensetravel.osd.mil. The DTS Helpdesk can also be reached at 1-800-378-5406.

2. Government Travel Charge Card - Per NAVADMIN 316/08, all DoN personnel are also mandated to have a GTCC. GTCCs shall be used during all official TDYs and evacuations to pay for essential needs such as gas for vehicles, food, lodging, tolls, rental car (if needed), and even withdrawing cash advances; however the GTCC SHALL NOT be used for non-essential items such as gifts and entertainment. All card transactions are recorded, and any fraudulent use is punishable under the UCMJ. The process to obtain a GTCC can take one to three weeks, so contact your command GTCC Coordinator today.

3. Navy Family Accountability and Assessment System - NFAAS is used to account for all DoN personnel and their family members during and after a natural disaster. Updating NFAAS takes only a few minutes and can be accomplished at <https://navyfamily.navy.mil>. Log in using the sponsor's SSN and date of birth, then click on the "My Info" tab. All information contained within is pulled from the Defense Enrollment Eligibility Reporting System (DEERS) database. If your DEERS information is inaccurate, contact PSD.

4. Total Workforce Management System - All DoN military and civilian personnel must update their TWMS information as well. This is where family information is pulled from to draft evacuation orders for military and Navy civilian family members. Login to <https://twms.nmci.navy.mil/selfservice/>. In the left-hand column, click on "Personal/Recall Information."



Prepare for the unexpected . . . Commissary patrons can save on emergency supplies

By Kevin L. Robinson

DeCA Public Affairs

Natural and manmade disasters can strike anywhere at any time. And with the start of the U.S. Atlantic hurricane season June 1, the Defense Commissary Agency is reminding its patrons that they can save money by visiting their local commissary for the items they need in their survival package.

"You should always be prepared for power outages, disruption of water or the possibility of an evacuation connected with a natural storm or manmade crisis," said Randy Chandler, DeCA's director of sales. "We want our patrons to know that the commissary has partnered with its industry suppliers to offer savings for their emergency supplies."

Since April 1, an assortment of items has been reduced in price as part of DeCA's severe weather preparedness promotional package that runs until Oct. 31. The package includes the following items: beef jerky and other assorted meat snacks, soup and chili mixes, canned goods, powdered milk, cereals, batteries, airtight bags, weather-ready flashlights, tape (all-weather, heavy duty shipper and duct), first-aid kits, lighters, matches, lanterns, candles and hand sanitizer, anti-bacterial wipes. Specific promotional items may vary from store to store.

Disaster Supply Kit suggested items

- ~ Water - at least one gallon daily, per person (three-day supply for evacuation, two-week supply for home)
- ~ Nonperishable foods - canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)
- ~ Paper goods - writing paper, paper plates, paper towels and toilet paper
- ~ Cooking items - pots, pans, baking sheet, cooking utensils, charcoal, a grill and a manual can opener
- ~ First-aid kit - including bandages, medicines and prescription drugs
- ~ Cleaning materials - bleach, sanitizing spray, and hand and laundry soap
- ~ Specialty foods - diet and low-calorie foods and drinks
- ~ Toiletries - personal hygiene items and moisture wipes
- ~ Pet care items - food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags
- ~ Lighting accessories - flashlight, batteries, candles and matches
- ~ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ~ Duct tape, scissors
- ~ Multipurpose tool
- ~ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies)
- ~ Cell phone with chargers
- ~ Family and emergency contact information
- ~ Extra cash
- ~ Emergency blanket
- ~ Maps of the area
- ~ Blankets or sleeping bags

2014 hurricane names

ARTHUR	HANNA	OMAR
BERTHA	ISAIAS	PAULETTE
CRISTOBAL	JOSEPHINE	RENE
DOLLY	KYLE	SALLY
EDOUARD	LAURA	TEDDY
FAY	MARCO	VICKY
GONZALO	NANA	WILFRED

NOAA predicts near-normal or below-normal 2014 Atlantic hurricane season

El Niño expected to develop and suppress the number and intensity of tropical cyclones

National Oceanic and Atmospheric Administration

In its 2014 Atlantic hurricane season outlook, NOAA's Climate Prediction Center is forecasting a near-normal or below-normal season.

The main driver of this year's outlook is the anticipated development of El Niño this summer. El Niño causes stronger wind shear, which reduces the number and intensity of tropical storms and hurricanes. El Niño can also strengthen the trade winds and increase the atmospheric stability across the tropical Atlantic, making it more difficult for cloud systems coming off of Africa to intensify into tropical storms.

The outlook calls for a 50 percent chance of a below-normal season, a 40 percent chance of a near-normal season, and only a 10 percent chance of an above-normal season. For the six-month hurricane season, which begins June 1, NOAA predicts a 70 percent likelihood of 8 to 13 named storms (winds of 39 mph or higher), of which 3 to 6 could become hurricanes (winds of 74 mph or higher), including 1 to 2 major hurricanes (Category 3, 4 or 5; winds of 111 mph or higher).

These numbers are near or below the seasonal averages of 12 named storms, six hurricanes and three major hurricanes, based on the average from 1981 to 2010. The Atlantic hurricane region includes the North Atlantic Ocean, Caribbean Sea and Gulf of Mexico.

"Thanks to the environmental intelligence from NOAA's network of earth observations, our scientists and meteorologists can provide life-saving products like our new storm surge threat map and our hurricane forecasts," said Kathryn Sullivan, Ph.D.,

See NOAA page 7

Find us on Facebook - Do you know what you and your family will do if a hurricane heads toward the Gulf Coast? Get immediate NCBC Gulfport Tropical Cyclone Condition Updates, Emergency Information and Evacuation instructions by following the Seabee Center on Facebook and Twitter. To join NCBC Facebook and Twitter, log on to <http://www.facebook.com> and "Like" Naval Construction Battalion Center. To learn what you can do to be Ready for Hurricane/Typhoon 2014 season, visit the Ready Navy web site. http://ready.navy.mil/be_informed/natural_hazards/hurricane_typhoon.html and the NCBC Gulfport Emergency Management page: https://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/om/emergency_management.html.

Two websites to visit for important information on Hurricane Season 2014

Hurricane/Typhoon 2014 season is here. Ready Navy wants you and your family to get prepared for this season.

To learn what you can do to be Ready Navy for Hurricane/Typhoon 2014 season, visit the Ready Navy web site: <http://>

ready.navy.mil/be_informed/natural_hazards/hurricane_typhoon.html and the NCBC Gulfport Emergency Management page: https://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport/om/emergency_management.html.

Saffir-Simpson Hurricane Scale

The Saffir-Simpson Hurricane Scale is a 1-5 rating based on the hurricane's present intensity. This is used to give an estimate of the potential property damage and flooding expected along the coast from a hurricane landfall. Wind speed is the determining factor in the scale, as storm surge values are highly dependent on the slope of the continental shelf and the shape of the coastline, in the landfall region. Note that all winds are using the U.S. 1-minute average.

Category One Hurricane:

Winds 74-95 mph
Storm surge generally 4-5 feet above normal. No real damage to building structures. Damage primarily to unanchored mobile homes, shrubbery, and trees. Some damage to poorly constructed signs. Also, some coastal road flooding and minor pier damage.

Category Two Hurricane:

Winds 96-110 mph
Storm surge generally 6-8 feet above normal. Some roofing material, door, and window damage of buildings. Considerable damage to shrubbery and trees with some trees blown down. Considerable damage to mobile homes, poorly constructed signs, and piers. Coastal and low-lying escape

routes flood 2-4 hours before arrival of the hurricane center. Small craft in unprotected anchorages break moorings.

Category Three Hurricane:

Winds 111-130 mph
Storm surge generally 9-12 feet above normal. Some structural damage to small residences and utility buildings with a minor amount of curtainwall failures. Damage to shrubbery and trees with foliage blown off trees and large trees blown down. Mobile homes and poorly constructed signs are destroyed. Low-lying escape routes are cut by rising water 3-5 hours before arrival of the center of the hurricane. Flooding near the coast destroys smaller structures with larger structures damaged by battering from floating debris. Terrain continuously lower than 5 feet above mean sea level may be flooded inland 8 miles (13 km) or more. Evacuation of low-lying residences with several blocks of the shoreline may be required.

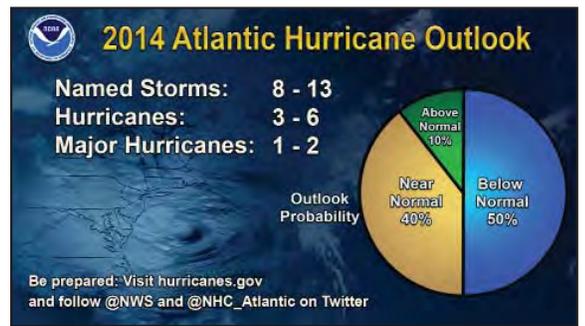
Category Four Hurricane:

Winds 131-155 mph
Storm surge generally 13-18 feet above normal. More extensive curtainwall failures with some complete roof structure failures on small

residences. Shrubs, trees, and all signs are blown down. Complete destruction of mobile homes. Extensive damage to doors and windows. Low-lying escape routes may be cut by rising water 3-5 hours before arrival of the center of the hurricane. Major damage to lower floors of structures near the shore. Terrain lower than 10 feet above sea level may be flooded, requiring massive evacuation of residential areas as far inland as 6 miles.

Category Five Hurricane:

Winds greater than 155 mph
Storm surge generally greater than 18 feet above normal. Complete roof failure on many residences and industrial buildings. Some complete building failures with small utility buildings blown over or away. All shrubs, trees, and signs blown down. Complete destruction of mobile homes. Severe and extensive window and door damage. Low-lying escape routes are cut by rising water 3-5 hours before arrival of the center of the hurricane. Major damage to lower floors of all structures located less than 15 feet above sea level and within 500 yards of the shoreline. Massive evacuation of residential areas on low ground within 5-10 miles (8-16 km) of the shoreline may be required.



From NOAA page 6

NOAA administrator. "And even though we expect El Niño to suppress the number of storms this season, it's important to remember it takes only one land falling storm to cause a disaster."

Humberto was the first of only two Atlantic hurricanes in 2013. It reached peak intensity, with top winds of 90 mph, in the far eastern Atlantic.

Gerry Bell, Ph.D., lead seasonal hurricane forecaster with NOAA's Climate Prediction Center, said the Atlantic – which has seen above-normal seasons in 12 of the last 20 years – has been in an era of high activity for hurricanes since 1995. However, this high-activity pattern is expected to be offset in 2014 by the impacts of El Niño, and by cooler Atlantic Ocean temperatures than we've seen in recent years.

"Atmospheric and oceanic conditions across the tropical Pacific are already taking on some El Niño characteristics. Also, we are currently seeing strong trade winds and wind shear over the tropical Atlantic, and NOAA's climate models predict these conditions will persist, in part because of El Niño," Bell said. "The expectation of near-average Atlantic Ocean temperatures this season, rather than the above-average temperatures seen since 1995, also suggests fewer Atlantic hurricanes."

NOAA is rolling out new tools at the National Hurricane Center this year. An experimental mapping tool will be used to show communities their storm surge flood threat. The map will be issued for coastal areas when a hurricane or tropical storm watch is first issued, or approximately 48 hours before the anticipated onset of tropical storm force winds. The map will show land areas where storm surge could occur and how high above ground the water could reach in those areas.

Early testing on continued improvements to NOAA's Hurricane Weather Research and Forecasting model (HWRF) shows a 10 percent improvement in this year's model compared to last year. Hurricane forecasters use the HWRF along with other models to produce forecasts and issue warnings. The HWRF model is being adopted by a number of Western Pacific and Indian Ocean rim nations.

NOAA's seasonal hurricane outlook is not a hurricane landfall forecast; it does not predict how many storms will hit land or where a storm will strike. Forecasts for individual storms and their impacts will be provided throughout the season by NOAA's National Hurricane Center.

"It only takes one hurricane or tropical storm making landfall to have disastrous impacts on our communities," said Joe Nimmich, FEMA associate administrator for Response and Recovery. "Just last month, Pensacola, Florida saw five inches of rain in 45 minutes – without a tropical storm or hurricane. We need you to be ready. Know your risk for hurricanes and severe weather, take action now to be prepared and be an example for others in your office, school or community. Learn more about how to prepare for hurricanes at www.ready.gov/hurricanes."

NOAA's outlook for the Eastern Pacific basin is for a near-normal or above-normal hurricane season, and the Central Pacific basin is also expected to have a near-normal or above-normal season. NOAA will issue an updated outlook for the Atlantic hurricane season in early August, just prior to the historical peak of the season.

NOAA's mission is to understand and predict changes in the Earth's environment, from the depths of the ocean to the surface of the sun, and to conserve and manage our coastal and marine resources.

For more on NOAA, join them on Facebook, Twitter and other social media.



CBC Shelter Information

On Base shelter information:

- ~ Warehouse 217 to house CBC Military, Family Members, Civilian and Contractor personnel employed on CBC
- ~ Shelters will open at TCC ONE
- ~ No pets (except service dogs) are allowed in shelter.
- ~ No alcohol or firearms are allowed.
- ~ Registration forms can be filled out in advance

~ ID cards are required for all individuals entering the shelter (except small children.)
Important telephone numbers:

- ~ CBC Quarterdeck: 228-871-2555
- ~ Emergency Info: 228-871-4777
- ~ Gulfport Muster: 1-877-733-7303
- ~ CNRSE Muster: 1-866-203-6004
- ~ FFSC: 228-871-3000
- ~ Navy Help: 1-877-414-5358

NMCB 74 honors fallen hero with physical fitness challenge

By NMCB 74 Public Affairs

Eleven Seabees from NMCB 74 DET EUCOM participated in a Memorial Day-inspired workout called "The Murph Challenge" on board Camp Mitchell, Rota, Spain, May 26.

The challenge, named in memory of Lieutenant Michael Murphy, 29, a U.S. Navy SEAL killed in Afghanistan, June 28, 2005.

Murphy was posthumously awarded the Medal of Honor for his selfless

actions. Service members world-wide pay tribute to his memory by completing his favorite workout.

The exercise routine consists of a 1-mile run, 100 pull-ups, 200 push-ups, 300 air squats and another 1-mile run. The pull-ups, push-ups, and squats can be partitioned as needed and there is no time limit.

Senior Chief Tyler Watters shared the sentiment of the group.

"I wanted to do the Murphy challenge to support the troops who can't be here today, who gave their

lives for others to have a better one, said Watters."

Starting at 10 a.m. on Monday morning, the motivated Seabees got together to take on the ruthless workout. Everyone gave it their all and pushed to complete the challenge.

"It was amazing to see that everyone never gave up, no matter how tired they were and when it got harder you had someone there pushing you to keep going," said Builder Constructionman Mallory Getty.



Led by Commanding Officer, Cmdr. David McAllister, 11 members of Naval Mobile Construction Battalion (NMCB) 74 participated in "The Murphy Challenge" on board Camp Mitchell, Rota Spain, May 26. Left to right: Construction Mechanic 3rd Class Cassidy Martin, Cmdr. David McAllister, Builder 2nd Class Ezra Johnson, Utilitiesman 3rd Class Leslie Anderson, Chief Construction Mechanic Kevin Stinson, Senior Chief Construction Mechanic Tyler Watters, Builder Constructionman Mallory Getty, Construction Electrician Constructionman Sanaa Taghan, Construction Mechanic 3rd Class Travis Jaynes, Equipment Operator Constructionman Jacque Goddard, and Command Master Chief Helen Daniels. (U.S. Navy photo/Released)

NMCB 1 Pacific Partnership



Above: Equipment Operator 3rd Class Andrew Adams, assigned to Naval Mobile Construction Battalion (NMCB) 1, marks sheets for cutting during an engineering project at the Tuadale School in West Kupang in support of Pacific Partnership 2014. Left: Builder 3rd Class Charles Cummings, assigned to Naval Mobile Construction Battalion (NMCB) 1, takes measurements during an engineering project at the Tuadale School in support of Pacific Partnership 2014. Pacific Partnership is in its ninth iteration and is the largest annual multi-lateral humanitarian assistance and disaster relief preparedness mission conducted in the Asia-Pacific region. (U.S. Navy photos by Mass Communication Specialist 1st Class Stephen Oleksiak/Released)

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

Are you up to the challenge of hard work and repairing unique SOF equipment? **Naval Special Warfare Development Group** is seeking active duty Construction Mechanics and all other Seabee rates who are: Motivated/Volunteers, E4 - E6, pass Navy PFA, No NJP/Bankruptcy, Able to obtain SECRET/TOP SECRET clearance.

Email us at !DEVGRURecruiting@vb.socom.mil or contact your detailer to request additional information.

Philippine and US Navy Seabee Divers conduct joint training during Exercise Balikatan 2014

By CEC(SCW/MDV) Terence Juergens
UCT2 Public Affairs

valuable training that goes hand in hand with the strategic goals of Balikatan 2014.

"Green Diver, back down the ladder until your helmet's awash," - "Make it hot," and "Switch off" were some common phrases one could hear echo from the combined Philippine and U.S. Navy dive side.

During the month of May both nations partnered in support of Subject Matter Expert Exchanges involving port/harbor recovery scenarios during this year's Exercise Balikatan.

Throughout nine grueling days of high heat and periodic down pours Underwater Construction Team (UCT) 2 trained eight Philippine Navy (PN) UCT divers on topics including: surface supplied diving systems and procedures, underwater cutting and welding techniques and procedures, diving casualty management and neurological examinations. From the makeshift classroom to underwater employment all PN Divers received immensely

"The Filipino divers are outstanding, resourceful and very attentive," said Builder 2nd Class (SCW/DV) Joseph Hophan, the project supervisor for UCT 2's Construction Diving Detachment Charlie (CDD/C).

"We had to take a crawl, walk, run approach to our mission here in the Philippines. Diving is already very dangerous, when you add cutting and welding to the equation your focus shifts toward safety and the steps we take to mitigate risk. They did great and learned at an impressive rate."

Each PN diver was given a project to practice various types of welds. Once they felt comfortable with what they learned during topside (dry) welding they were put to the test underwater. From proper terminology, electrode placement and speed they were able to experience how hard it is to weld

See **DIVERS** page 9



Seabee's assigned to Naval Mobile Construction Battalion (NMCB) 11 along with Army National Guard and the Air force help move the Household goods of wounded veteran Albert Clarke. More than 40 service members came to the call of an Army veteran in need. (U.S. Navy photo by Steelworker 2nd Class Eldon Fleming/ Released)

Seabees assist a warrior

By MC1 Michael C. Barton
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 along with Army National Guard and the Air force in conjunction with Crusaders for Veterans helped move the belongings of an Army wounded warrior who was injured in the line of duty, May 17.

Albert Clarke sustained injuries from two attacks while deployed. One involved a RPG which caused spinal injuries and a second attack caused a Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD). The extent of his injuries left Clarke unable to perform basic action such as packing and moving his belongings. More than 40 service members came to the aid of Clarke.

"As an Army Veteran who fought for this country, he's entitled to any help we

can give him," said Chief Builder Dapir King of Naval Mobile Construction Battalion (NMCB) 11. "Plus, the junior troops love being able to give back to a veteran who given so much for his country."

Due to personal circumstances, Clarke needed to move out of Saucier, Miss. With the help of Crusaders for Veterans he was able to find a house in Grenada, Miss., an area 100 miles north of Jackson.

"For me it's very important to help out a fellow service member," said Construction Electrician 2nd Class Porfirio Pimentel, also of NMCB 11. "It's a humble feeling because we're all a part of one big family, no matter what branch you are in."

Crusaders for Veterans started in January 2013 and focus on promoting and providing respect and support for our veterans.

NMCB 74 Det Andros chicken coop build



Members of Naval Mobile Construction Battalion (NMCB) 74 Detail Andros Island recently took part in a multi-day community relations project. The project was constructing chicken coops on three different islands in the Exuma Cays, Bahamas. Working with Harvard University researchers, the end goal of the mission was to improve the quality of life for the Bahamian people through a low-tech approach while teaching soil fertilization and promoting local food production. (U.S. Navy photos/Released)



June 5, 2014

From **DIVERS** page 8

under water.

"I don't think they realized how hard it was going to be," said Construction Mechanic 2nd Class (SCW/EXW/DV) Nathan Emmett, lead welder for the detachment. "Once you call for power it was lights out, the visibility goes to zero. I was surprised at how fast they learned."

Along with cutting and welding underwater for the first time, the PN UCT divers were able to gain valuable knowledge on side scan sonar techniques and procedures. "We were able to use their system and train them on what they have," said Builder 2nd Class (SCW/DV) David Madmon, Hydrographic Survey Technician, CDD/C.

"I think it resonates more when you're able



Steelworker 1st Class (SCW/DV) Cody Oswald, assigned to Underwater Construction Team (UCT) 2, teaches a surface supplied diving course to the Philippine Underwater Construction Team during exercise Balikatan in Sangley Pt, Philippines. (U.S. Navy photo by Equipment Operator 1st Class Manuel Terrero/Released)

to train them on a piece of equipment they already own, when we leave they can continue to practice what we taught them."

From deployment to recovery PN UCT and UCT TWO divers surveyed over 5km of ocean floor. "At the end of the day they were able to locate, mark and measure any object that was found," said Madmon.

The closing ceremonies were filled with the sounds of sea stories and the sharing of local cuisine. With another Balikatan in the record books UCT 2 continues to solidify the already concrete bond between good friends and deep sea brothers of the PN UCT's – HOOYAH SEA-BEE'S, HOOYAH DEEP SEA!

UCT 2's CDD/C participated in exercise Balikatan during their fourth of seven stops spanning six countries across the Pacific.

Seabee Courier

Focus on Education

NAVAL ACADEMY CLASS OF 2014 COMMISSIONED IN ANNAPOLIS

By Lt. Teng K. Ooi, PhD
U.S. Naval Academy

Amid the snapping of cameras and popping of flash bulbs, 1,068 smiling midshipmen from the Naval Academy received their diplomas at the Navy-Marine Corps Memorial Stadium in Annapolis, Maryland, on May 23, 2014.

We congratulate the Class of 2014 on achieving this milestone and wish them continued success in their Naval careers and beyond. We also honor their individual superior academic achievements, their accomplishments in athletics and extracurricular activities, and their commitment to serve in the military.

Upon graduation, midshipmen earn a Bachelor of Science degree, are commissioned as ensigns in the Navy or second lieutenants in the Marine Corps, and serve a minimum of five years of exciting and rewarding service.

The names of midshipmen graduating with

distinction are listed below in order of merit:

David F. Williams, Matthew J. Lanoue, Grant N. Genzman, Brynn E. Umbach, Alec S. McGlaughlin, Eric N. Fugleberg, Alexander S. Yachanin, Christopher B. House, Colin E. Bogdan, Sabrina Reyes, Jean-Luc K. Currie, Margaret E. Gilroy, Eugene J. Yang, Julie B. Stabile, Eric J. Davids, James M. Mackovjak, Mark A. Colby, Justin K. Chock, Kirkland D. Malcolm, John A. Godfrey, Blake A. Stout, Krishnan Rajagopalan, Thomas J. Cowhey, Jordan G. Tropf, Phillip M. Wears, Caitlin S. Olsen, Jacob G. Snyder, Brian B. Holloway, Audrey K. Petro, Benjamin Wisniewski, Cameron J. Benner, Alexander J. Pybus, Michael E. Troncoso, Jared D. Wilson, Jillian N. Coughlin, Andrew E. Nesselroade, Samuel R. Gedeon, Robert T. Andon, Christopher K. Voss, Clayton J. Cottrell, Kathleen M. Mullen, Kennan M. Healy, Jordan C. Lynch, Samuel W. Lilek, Erik M. Hoffstadt, Kelsey E. Lee, Ian



A jubilant graduating Class of 2014 midshipmen tossing their hats to bid farewell to fellow midshipmen at the Navy-Marine Corps Memorial Stadium in Annapolis, Md. (Photo courtesy of Teng Ooi/Released)

T. Balczewski, Anthony W. Broll, Brandon J. Hooper, Ryan W. Wheeler, Emily L. Kreyenhagen, Matthew C. Huffman, Matthew R. Grimm, Kathleen T. Dennis, Scott H. Bolstad, Curtis A. Khol Jr., Brendan C. Egan, Matthew C. O'Dowd, David I. Calderon-Guthe, Kenneth W. Piech, Frederick L. Shaak III, Anthony J. Cardon IV, Michael S. Madrid, Nathaniel T. Swift, Andrew W. Foskett, John T. McGlynn, Brett Bogaard, John M. Mackovjak, Daniel S. Ojard, Alex S. Liu, Heather L. Willis, Kyle Z. Davinsizer, David S. Piekut, Jordan M. Rettie, Brian C. Rud, Justin D. White, Michael R. Delaisse, Lucas K. Leonhardt,

Benjamin J. Murphy, Scott D. Oberst, Samuel S. Dodson, Tyler A. Breslin, Daniel A. Jacquier, Justin M. Haan, Elizabeth M. Corcoran, Ryder H. Ashcraft, Daniel J. Meaney, Christopher D. Frantz, Katherine A. Ashton, Gregory M. Gerlach, Christopher K. Dinelli, Michael E. Larson, Brian A. Fritz, Jonathan C. Driesslein, Polly B. Kisin, Earl D. Ehrhart V, Samuel J. Oat-Judge, Patrick D. McAllister, James T. Neigel, Jeffrey D. Canclini, Elizabeth J. Hoerner, Andrew P. Sawyer, Ben W. Radford, Ryan P. Keyes, Andrew Zellman, Tyler D. Cox, Landon C. Miller, Roberto A. Torrealba Jr.

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

Military Community Career Fair

A Military Community Career Fair is scheduled for June 12, 10:30 a.m. to 2 p.m. at Naval Operations Support Center (NOSC), building 114. The Career Fair is sponsored by Fleet and Family Support Center (FFSC) and Hero 2 Hire. Attendees should bring their resumes and be prepared to be interviewed. For more information, call 228-871-3000.

Coastline Community College Registration

Registration for Coastline Community College's summer term is open until June 9. The summer term runs June 15 - Aug. 10. Additional information can be obtained by calling Dr. David Drye, 228-871-3439, ddrye@coastline.edu or by visiting the Navy College Office in building 60, room 239.

FFSC Babysitting Class and Latchkey Kids class

A Babysitting class (ages 11 and up) and Latchkey Kids Class (ages 10 - 11) will be held at Fleet and family Support Center (FFSC) June 9 at 8:30 a.m. Seating is limited to reserve your space now by calling FFSC at 228-871-3000.

Register now for MGCCC Navy Base Center classes

From MGCCC

Registration is happening now for the summer and fall semester. Summer weekend hybrid classes begin on June 9, and weekday classes begin on June 9. Fall classes begin on Sept. 2.

Weekday courses include, English Composition I, Intermediate Algebra, World Civilization I and Physical Science I. Weekday classes meet two days a week and meet from 5:00 - 9:30 p.m. Physical Science I will be offered in the hybrid format and will meet from 5:00-9:45

There is also selection of weekend hybrid

classes. Courses include: Public Speaking I, General Psychology, Human Growth & Development, Art Appreciation & Sociology. Hybrid courses combine face-to-face classroom instruction with computer-based learning outside of the classroom.

Alrie' Poillion, the Navy Base Center Director, explains, "Hybrid courses combine the best of two worlds, engaging students in the active, autonomous learning process of an Internet-based online course, while also providing regularly scheduled interaction with their instructor. Students enjoy the convenience of scheduling courses to better fit their busy lives and benefit from the self-directed learning activities."

The MGCCC office is located at the Naval Construction Battalion Center in the Moreell Building and offers one-stop shopping for those who are interested in attending the college. Students are able to apply, register, pay fees and pick up their books all in the same office.

Courses are available to active duty service members, military dependents, non-military personnel, and civil service employees.

If you would like more information, please call Alrie' Poillion at 228-865-0675 or email alrie.poillion@mgccc.edu.



'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Pomp and unique circumstances

By the time the Abbey's headmaster got to the graduates whose names started with an "M," my feet were bloody stumps. I thought I'd be fine in two-inch sling backs, but an hour into the ceremony, my toe knuckles stung rawly and the pointed heels sunk into the grass under the enormous tent.

I got up from our reserved row of seats to get a better vantage point to take photographs. Our motley crew of relatives -- sisters, aunts, grandmothers, an uncle, a cousin, and my husband who had already spilled coffee on his tie -- had all come to see our son receive his high school diploma. We were essentially the same as the other families seated around us, but somehow, I felt like our family was different.

The Abbey was our son's third high school in four years. Our Navy family was required to move after his 9th grade year at an Army barracks high school in Germany, to an inner-city public school in Florida, and finally to Rhode Island, where our son finished his senior year at the Abbey, a local boarding school. We were surprised when our son was accepted to the school as a day student, and we were elated when the school offered us enough financial aid to make it affordable on our tight military budget.

At the Abbey's pre-season football camp, our son made his debut as the new senior. He was quirky, husky, and lacked the personal hygiene skills necessary to keep up with the school's strict dress code. A sort of "nutty professor" type.

In past schools, our unusual son was received with mixed reviews. In Germany, the students saw him as smart and uniquely funny --



someone everyone wanted to know. In Florida, he was perceived as odd, and after two years, he did not manage to make any real friends. Would the Abbey's wealthy, preppy boarding school students be able to look beyond our son's sloppy appearance and odd demeanor to appreciate his distinctive sense of humor and extraordinary intellect? Only time would tell.

Throughout the year, we had mixed clues to our son's reputation at the Abbey. The football coach smiled widely when speaking about our son; however, the English teacher grimaced when describing the "odd British accent of questionable origin" our son employed when reciting poetry. The students and faculty reported that he "stole the show" in the winter musical; however, of the four boys our son invited to our house for his April birthday party, only one showed up.

"Emily Magnifico," the headmaster called and several students stood to cheer on their graduating friend. As I wobbled on painful shoes up the rows with my camera, my mind raced with random thoughts. These students have had four years to bond. Our son wasn't here long enough to be understood.

"Sean McDonough," I heard with more applause

as I inched closer to the stage.

Has our military lifestyle robbed our son of the opportunity to form close relationships with his peers? Does he think that it's his fault?

"Julian Minondo," emanated from the loud speakers as I raised the camera to my eyes with shaking hands and waited for my son's name to be called.

"Hayden Clark Molinari," I snapped the shutter, frantically catching glimpses through the viewfinder of my son making his way through the crowd of navy jacketed students to the smiling headmaster. In a fog of emotion, I could not coordinate the still images I saw with my eyes with what I distinctly heard with my ears.

I took the camera away for a moment and realized, they are giving him a standing ovation.

Students and teachers leapt to their feet to cheer for an unusual boy who had been with them for nine short months. Through the din of applause and shouts, I managed to take a dozen more photographs before bursting into tears.

Minutes later, the students spilled out of the tent, milling around in a sort of preppy mosh pit in the bright sunlight. Fighting the celebratory crowd, we found our son amongst the jovial graduates, slapping each other's backs. He smiled broadly as I kissed his prickly cheek and thought, stay true to yourself and you will always be loved.

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

Health Watch

Did You Know? Prescription for discharge: Zero Tolerance

From Navy Alcohol and Drug Abuse Prevention Office

Did you know that the Navy's zero tolerance policy for drug abuse applies to the misuse of prescription drugs? According to the Navy Alcohol and Drug Abuse Prevention Office (NADAP), misuse of prescription drugs includes taking medicine for a purpose other than prescribed, taking medication that hasn't been prescribed to you and wrongfully possessing or distributing prescription drugs. Many Sailors don't realize that using someone else's prescription or taking the drugs outside of the intended purpose or timeframe is misuse of those medications with serious implications for the Sailor.

Although prescription drugs are a legal, safe method of treating injury and illness when taken as prescribed by a physician, improper use is both illegal and dangerous—and in some cases deadly.

To prevent prescription misuse among Sailors and Marines, NADAP's "Prescription for Discharge" campaign provides resources to educate Sailors, Marines and their families on how to safely use prescription drugs and of the health and career risks of misuse.

The campaign's five tips to avoid misusing prescription drugs are:

1. Take correctly - First and foremost, it's important to follow your doctor's orders and prescription instructions as directed. Health providers prescribe specific drugs and doses based on an individual's history and medical needs, and taking the drugs outside of that supervision could result in disciplinary actions and serious health consequences.
2. Report promptly - Second, ensure that both Navy Medical and your command are aware of your current prescriptions. Sailors who test positive for prescription drugs without current, valid prescriptions will be subject to disciplinary action and may be processed for administrative separation from the Navy. It's critical for Sailors who have valid prescriptions to report them to Navy Medical

and their command immediately so that their records can be updated prior to drug testing.

3. Dispose of medication properly - Once your condition has improved and your doctor has cleared you to stop taking your medication, it's important to quickly dispose of the medication to prevent it from falling into the wrong hands. You can place unused or expired medications in a small plastic bag with used coffee grounds or another undesirable substance and throw the bag in the trash. Don't forget to cross out personal information on your prescription labels before recycling the containers.

4. Never share - Do not share prescriptions with a friend, shipmate or family member. Using someone else's meds or giving pills to friends or shipmates can result in severe health and career consequences, including dishonorable discharge from the Navy.

5. Tell a friend - By telling at least one person you know about the four steps outlined above, you can help maintain fleet readiness and prevent the misuse of prescription drugs among your shipmates.

To further prevent prescription drugs from falling into the wrong hands, the U.S. Navy partners with the U.S. Drug Enforcement Agency (DEA) by participating in National Take-Back Day held twice-yearly in April and October. Take-Back Day events provide an opportunity to turn in your unused or expired medications to your Medical Treatment Facility (MTF) or local drop-off site anonymously and free of charge. Collection sites can be found by going to www.dea.gov and clicking on the "Got Drugs?" banner at the top of the home page. For more information on the participating MTFs, you can contact the hospitals directly.

If you or someone you know may have a problem with prescription drug misuse, NADAP encourages you to speak with your command drug abuse prevention officer or doctor, or call 1-866-U-ASK-NPC.

Find more information about the Prescription for Discharge campaign, on the NADAP website, www.nadap.navy.mil.

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.

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.

RAIDERS OF THE LOST ARK, THE ADAPTATION - The makers of "Raiders of the Lost Ark, The Adaptation" need skilled sheet metal workers and non-skilled workers to complete their movie set. All tools and materials will be provided. The work is being done at 14308 Liz Payton Road, Vanclave. Volunteers are needed ASAP. Also qualified medical personnel are needed during film shooting the week of June 7. Point of contact is Chris Stropolis, producer, 323-370-3260.

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 support 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. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org for details.

June 5, 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

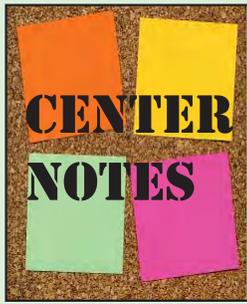
- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

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

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 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.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 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 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 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 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, 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. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.



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

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program, Computers
with web cams, Inter-
net/email access, X-Box

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

For the latest NCBC info, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindleymcgerr@navy.mil. Check out the new and improved website at: http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

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, 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.





**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.

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for more information.

FITNESS CENTER

**BASKETBALL LEAGUE SIGNUPS
THROUGH JUNE 27**

**RACQUETBALL LEAGUE SIGNUPS
BEGIN JUNE 10**

AQUATICS

NEW POOL HOURS!

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

CDC

**WATERPLAY BEGINS JUNE 3
EVERY TUES & THURS
ALL SUMMER
(WEATHER PERMITTING)**

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

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

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DARTS, POOL,
7 TVS, MUSIC AND MORE!**

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