

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

April 16, 2015



Seabee Day 2015

April is the month to formally celebrate military children

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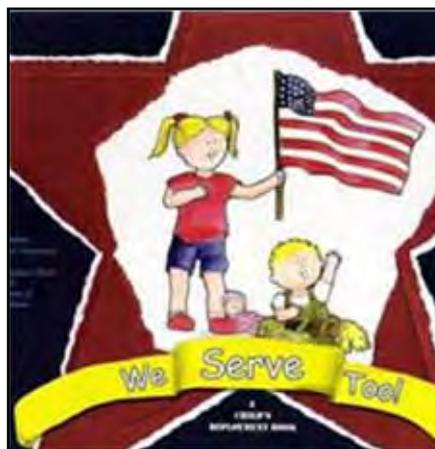
By Dr. Mary Lewis
NCBC CREDO Facilitator

April is observed as the Month of the Military Child, so let's take the time to applaud and celebrate our child/children.

In some way our children have all been affected by our military service. Events such as war, numerous moves and parental deployments have taken their toll. A service member will experience six to nine moves throughout a 20-year career. As a result, our children have learned to say goodbye to friends and schools so that they can start the process of becoming acclimated into a new community.

They are CHAMPIONS in that they are able to leave old friends and meet new ones with which to foster new memories.

In an article written by Elaine San-



chez she stated, "Without a doubt, when we can recognize their sacrifices, when we can tell them that we'll reach out and help them, show them that we care and will connect them with the resources they need, then we're doing right by them."

This is so imperative because when our children sense or know that we

care and that we will provide for them, their productivity is nurtured.

Military children's sacrifices and contributions have risen to the forefront in recent years, and it is the endeavor of all of us to make sure that are seen and heard. As much as we are delighted to have them in our lives, they need us to lead and direct them as they take this journey with us. Therefore, take time to listen, and allow them to be an active participant; they may have something they want to say. Doing this will encourage open communication and will promote a deeper oneness within the family.

To all the Military Children around the world we celebrate and applaud your sacrifices and contributions that you have made on the sidelines as you have served with your parents. We honor your service. You are Exceptional and You are CHAMPIONS!

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2015 Sexual Assault Awareness and Prevention Annual 5k
When: April 24, 9 a.m. – 1 p.m.
Where: Ladd Circle
Free T-Shirt for race participants
Prizes for 1st place male & female-\$50 Visa Gift Card snacks and lunch provided after race
Sign up at the gym, Fleet & Family, or your battalion

Walk a Mile in Her Shoes
April 17, Biloxi Lighthouse Pier
Check in at 8 a.m., walk begins at 9 a.m.
Raise Awareness of Violence Against Women. Participation is totally free and tons of fun. Use our shoes or bring your own and feel free to glitz them up! Men, women and children are all welcome.
For more information, or to register, visit: GCW-CFN.ORG/WAM2015

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

Safe Helpline
Sexual Assault Support for the DoD Community
Live 1-on-1 Help Confidential Worldwide 24/7
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.Safe-Helpline.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.

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Look no further than the base Auto Skills Center for routine vehicle maintenance

By CE3 Dustie Bond
NCBC Public Affairs

The Auto Skills Center on board Naval Construction Battalion Center (NCBC) Gulfport is a Morale, Welfare and Recreation (MWR) facility that offers people a space to do routine maintenance on their vehicles as well as the tools, equipment and assistance for more advanced repairs and upgrades.

Located adjacent to

the old gym, the facility has a mechanic on staff to answer questions and assist if people run into problems.

The facility has eight lifts, an engine room and additional project spaces. The engine room has a \$15 weekly fee. The project spaces are located indoors or outdoors. The indoor spaces are equipped with compressed air hoses and cost \$75 a week. The outdoor spaces are not equipped with compressed air hoses and

cost \$50 a week.

The Auto Skills Center also has a tire-mounting machine and a brake lathe; however, these machines can only be operated by the manager or one of the MWR assistants. Additionally, tool kits can be checked out for \$4.

The Auto Skills Center is also responsible for the vehicle storage and MWR Resale Lot on board NCBC Gulfport. The manager can guide customers through the process. Auto Skills is



John Marillon, the acting manager at the Auto Skills Center helps a patron check his suspension system on board NCBC Gulfport, April 9. Located adjacent to the old gym, the facility has a mechanic on staff to answer questions and assist if personnel run into problems. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

open Wednesdays through Fridays from 11 a.m. to 7 p.m. and Saturdays

from 9 a.m. to 5 p.m. For more information call 228-871-2804.

NCBC Frames

Construction Electrician 1st Class (SCW)
Jason Patrick Lohman
Naval Construction Training Center Gulfport
CE Advanced Instructor

FREEZE

By CE2 Dustie Bond
NCBC Public Affairs

FRAME



FF: What single experience during your career stands out the most, and why does it stand out?

JPL: My first deployment to Iraq in 2003 stands out. The extreme heat, poor living conditions and chaos really made me consider if the Navy is what I wanted. It was the most demanding, challenging, yet rewarding deployment. Even though we went without berthing, cold water, and showers for weeks at a time, it helped set a foundation for the rest of my career. Regardless of how bad my days may be, I can always look back and think it could be worse.

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

JPL: I am a proud American. I take pride in serving my country and working alongside people that share the same beliefs and values.

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

JPL: Continue to grow and learn as much as you can. Listen to those around you. They may have more experience and if there's a better solution to an issue, don't be afraid to be a voice.

FF: What is your favorite part about being/working with the Seabees - why?

JPL: We're a unique group. Not many know of us, but those who do can't do without us. We constantly complain, but we will work while doing it.

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

JPL: Retired Chief Construction Mechanic Ron Rathert. I met him while working for his nephew as an electrician's assistant in high school. Once my boss found out that I was leaving to go join the



Seabees, he got me into contact with his uncle. I continue to visit him, and keep him up to date with the Seabees. Even though we are generations apart in our careers, we still share many of the same experiences. Right before I left for boot camp, he told me, "The Navy is what you make of it." There hasn't been a day when that statement hasn't been true.

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Energy Savings Tip : Don't be fuelish! Drive sensibly; aggressive driving such as speeding, and rapid acceleration and braking, wastes fuel and causes unnecessary wear on parts.





Artistic renderings of the Children's Memorial Wall being planned by the Mississippi Gulf Coast Chapter of The Compassionate Friends. The memorial will be located in Ocean Springs, on land donated by the City of Ocean Springs. For more information on the Children's Memorial Wall, visit <https://www.facebook.com/pages/Compassionate-Friends-MS-Gulf-Coast-Chapter/278940655589681>.

Memorial Wall to Honor Children

By MCCS(SCW/SW) Jeffrey J. Pierce
NCBC Public Affairs

When trying to put into words what losing a child is like, novelist Jodi Picoult said, "In the English language there are orphans and widows, but there is no word for the parent who loses a child."

The Mississippi Gulf Coast Chapter of The Compassionate Friends (TCF) is one of more than 650 chapters with locations in all 50 states, as well as Washington, Puerto Rico and Guam supporting bereaved families after the death of a child.

To honor these children, the Mississippi Gulf Coast TCF Chapter is raising money to build a Children's Memorial Wall. Land has been donated by the city of Ocean Springs, Miss., and the hopes are to have it completed by year's end.

The Fundraising Coordinator for the Children's Memorial Wall is Pamela Taylor. Taylor is a former command master chief at the Naval Construction Training Center, Gulfport, who retired in 2012 after 28 years of naval service.

In June of 2011, her son Dustin was killed in a motorcycle accident. In July of 2011, Taylor began her involvement with TCF where she remains involved to this day.

According to Taylor, the idea for the memorial wall came from members of the Mississippi Gulf Coast TCF Chapter. The design came from looking at other children's memorials in Metairie, La., Rome, Ga., and Cartersville, Ga. From there members visited several locations along the Gulf Coast to find the right location. Once the location was found, members brainstormed ideas and came up with a design that would work

best for the location.

"To acquire the land we went in front of the Ocean Springs Board of Aldermen meeting and presented the idea to them, and they approved our request," Taylor said. "They agreed to let us build the Children's Memorial Wall on city property at no cost to the city."

Many people were instrumental in making Children's Memorial Wall a reality including the Mayor of Ocean Springs, the Board of Aldermen, the Building and Planning Department and the City Engineer.

"They have all been very helpful and supportive in helping us get the land, complete the necessary administrative and legal requirements and work out the construction details and requirements," Taylor said.

According to Taylor, the target date for completion is by the end of the year, but that will depend

largely upon how quickly they can raise the money through memorial and sponsor brick sales and donations. They will also need someone to build it.

"No company or firm has been hired to construct the Children's Memorial Wall," Taylor said. "That is a work in progress!"

According to Taylor, anyone who has lost a child, grandchild, or sibling may purchase a memorial brick. There aren't criteria for cause of death or age of child. The memorial bricks will be placed in the walls and the sponsor bricks will be placed along the edge of the concrete pad (See artist's renderings).

For more information on Mississippi Gulf Coast Chapter of TCF and the Children's Memorial Wall go to <https://www.facebook.com/pages/Compassionate-Friends-MS-Gulf-Coast-Chapter/278940655589681>.

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.



Month of the Military Child

FOCUS FAMILIES OVERCOMING UNDERSTRESS proud NEX

Coloring Contest

FOCUS is a program of the Navy Bureau of Medicine and Surgery (BUMED).
304 John Paul Jones Ave, Rm 405 Gulfport, MS 39501. (228) 822-5736

Keep What You've Earned

You may think your drinking habits are normal, but sometimes it's hard to spot warning signs of a drinking problem in yourself or others. Some of the signs of a drinking problem include: drinking more than intended; having memory blackouts when drinking; and problems with family, friends or the law caused by your drinking. It helps to know these signs so you can make a change early.



Back in time . . . Seabee history - Vietnam Era

Equipment Operator 1st Class William Wannoner, Construction Mechanic 2nd Class Robert Riley, and Chief Steelworker Charles Bixby, members of Seabee Team 0809, use a dozer to erect a Quonset hut. The building was used as a tool storage area at the team's equipment compound, at Can Tho, Republic of Vietnam. Date unknown. (Photo courtesy of U.S. Navy Seabee Museum)

Seabees, Marines train for airfield damage repair

By BUCN Rosalind Bonenberger
NMCB 11, Detachment Bahrain

Commander, Task Group (CTG) 56.2 Seabees from Naval Mobile Construction Battalion (NMCB) 11, and Marines assigned to Marine Wing Support Squadron 374 (MWSS-374) and Marine Explosive Ordnance Disposal (EOD) conducted an Airfield Damage Repair (ADR) exercise Feb. 15 - 18.

The exercise was designed to smoothly integrate airfield damage repair engineering operations with Marine explosive ordnance disposal procedures. Damage to military airfields frequently involves explosive hazards that hinder repairs. ADR engineers and EOD technicians must work together to restore airfield operating capability as quickly as possible.

Due to active airfield operations at the CENTCOM Forward Operating Site, the Seabees conducted earthwork operations to construct a mock airfield with a runway and taxiway where actual crater damage and other repairs could be conducted.

Equipment Operator 3rd Class Erion Jones, and

Builder 1st Class Tony Lent, created a realistic damage site that allowed the Seabees and Marines to effectively exercise their response capabilities.

The exercise scenario began with routine ordnance loading at the Combat Aircraft Loading Area (CALA), a common operation at the CENTCOM Forward Operating Site. Then, an equipment malfunction on an AV-8B caused a fuel leak along the starboard side external fuel tank and was ignited by exhaust. The fire and subsequent fuel tank detonation caused significant damage to the airfield, while ordnance on the wings was still attached to the pylons of the aircraft remains.

Upon notification of an explosion at the CALA, the Seabees and Marines quickly mustered at a central location with their equipment.

The ADR Officer-in-Charge, Marine 1st Lt. Jeffrey Nguyen of MWSS-374, issued his ADR mission brief and the scenario played out.

Marine EOD used route clearance and airfield clearance techniques to identify safe routes for ADR operations. Once EOD declared the site safe, the damage assessment team deployed to the mock airfield to obtain



Builder Constructionman Nathan Strayer of TASK GROUP 56.2, Naval Mobile Construction Battalion 11 and Sgt. Michael Chapman of Marine Explosive Ordnance Disposal, set clearance of the runway during the initial damage assessment portion of the Air field Damage Repair exercise scenario. (U.S. Navy photo by Builder Constructionman Rosalind Bonenberger/Released)

a detailed damage assessment of the airfield.

From the Command Post, plotters worked quickly to determine the minimum operating strip required to get the airfield to full operational capability. Repair teams then used crater and spall damage repair techniques to return the minimum operating strip area to usable con-

dition. The officer in charge provided the Emergency Operations Center with real time updates throughout the exercise.

The time-honored working relationship between the Seabees and Marines was evident throughout the exercise.

ADR engineering efforts were led by U.S. Air Force

Capt. Peterson Dela Cruz, who is serving as an exchange officer with NMCB 11. With his Air Force Civil Engineer background and support from the Air Force Civil Engineer Center (AFCEC), the exercise synchronized techniques, tactics, and procedures from three services to refine the capabilities of CTG 56.2.

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BUZZ on the Street

By CE3 Dustie Bond, NCBC Public Affairs

"What do you do to raise awareness about sexual assault?"



"I'm the command SAPR point of contact. I ensure everyone completes the mandatory training and conduct bystander intervention training. On Tuesdays we have open discussions with students to hear what they say about sexual assault."

UTC(SCW) James Penney
NCTC Gulfport
Hometown: East Stroudsburg, Pa.



"Talk about it. Being forthcoming about it and bringing the subject to light."

GM1(SW) Steven Hernandez
ECS
Hometown: San Antonio, Texas



"By taking the required training and being able to help someone in need."

BU3 Crystal Bradford
NMCB 133
Hometown: Wichita, Kan.

Replacing old equipment with new to save money

By BUCN Elizabeth Mills
NCBC Public Affairs

In September 2014, Commander Navy Installation Command (CNIC) awarded \$1.5 million to fund a project to replace chillers in 11 buildings on board Naval Construction Battalion Center (NCBC) Gulfport.

According to NCBC's Installation Energy Manager, Jason Poe, the project also includes the installation of variable frequency drives (VFD) on chilled water pumps and air handling units, and the replacement of gas-fired unit heaters with infrared heaters in buildings on board the Center.

A chiller is a machine that distributes chilled water to heat exchangers, or coils, in air handling units or other types of terminal devices which cool the air in their respective space. The new chillers have a much higher efficiency rating than the existing units which will result in less energy consumption.

A VFD is a type of controller that drives an electric motor by varying the frequency and voltage



One of 11 new energy efficient air handling chillers is installed by contractors on board Naval Construction Battalion Center (NCBC) Gulfport. The replacement project is expected to be completed by July.(U.S. Navy photo/Released)

supplied to the electric motor. The installation of the VFDs will allow for variable pumping and fan speed (based on the facilities cooling demand) on the chilled water system's pumps and air handling units which will result in a great deal of savings.

Infrared heaters transfer heat at a lower temperature to a specific body through electromagnetic radiation which uses much less energy than the old

style unit heaters.

The project is expected to be completed by July, and projected to save approximately \$93 thousand annually.

Currently in the works is a \$1.3 million modification (phase II) to the current project's contract to replace an additional 10 chillers in other buildings around base which is expected to save approximately \$80 thousand annually.

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

11th Annual Run for Relief 5k and Military Challenge 5k May 1, 6 p.m.



Same day registration will open at 5 p.m.

Pre-Registration: \$15 (T-shirt guaranteed), Race Day Registration: \$20

Register online at: (processing fee of \$2.50)

<https://www.racesonline.com/events/11th-annual-run-for-relief-5k-and-military-challenge/participants>.

Face the Military Challenge: Be the fastest three-person military team that takes home the trophy in 2015 to display at your Command. Trophies go to the first overall male and female, first overall masters male and female, and first Overall grand masters male and female, seniors male and female, and to the top three finishers in the usual age divisions. Learn more about NMCRS at: www.nmcrs.org

Seabee D

U.S. Navy photos by NCBC Public Affairs and MWR/Released



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Seabee Courier

Day 2015

It's all about the Bees!



The rain and clouds gave way to sunshine as over 8,000 people descended upon NCBC Gulfport for the annual Seabee Day celebration. More than 60 vendors were on hand with food and merchandise. There were clowns, games, carnival rides, music, military displays and demonstrations, as well as a chicken wing eating contest and a car show.



More pictures on Facebook



Focus on Education

Seabees test their knowledge



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 take their advancement exams on board Naval Station, Rota, April 9. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/Released)

NCBC Gulfport School Liaison Officer

Kevin Byrd, MWR, Building 352, 1706 Bainbridge Ave.

Phone: 228-871-2117, email: kevin.r.byrd@navy.mil

Education Notes

NCIS Crime Prevention Program

As part of its Crime Reduction Program, Naval Criminal Investigative Service (NCIS) will conduct briefs on Sexual Assault Awareness for all civilians and military personnel at the Training Hall, building 446 from 2 - 3 p.m., on the following dates: April 23, 30; May 14, 28; and June 11, 15. Everyone is welcome to attend. Point of contact for more information is NCIS Investigator Michael Bryan, 228-822-5315.

Coastline Community College Registration

Registration for Coastline Community College summer term is now going on through June 8. The summer term begins June 15 and ends Aug. 9. Additional information may be obtained by calling Dr. David Drye, 228-871-3439 or DDDRYE@COASTLINE.EDU or visiting the Navy College office in Building 60, room 239.

Legal Readiness Symposium

The Region Legal Service Office (RLSO) Southeast (SE) Legal Assistance Department will sponsor a Legal Readiness Symposium April 29 - May 1. The symposium will be conducted in the Training Hall from 8 a.m. - noon each day. Topics will include: Consumer Credit, Ethics, Predatory Lending, Wills, Powers of Attorney, Personal Safety, Immigration, Restraining Orders, Service member's Civil Relief Act (including issues with phones, lease and civil lawsuits), Divorce, Adoption, Guardianship and Custody, and guidance from the Victim's Legal Counsel. There will also be briefs on Mississippi entitlements for service members, guidance on converting to the Legalman rate and information on "What a JAG does?" Open to Active Duty, Reservists, Retirees, their family members and Armed Forces Retirement Home residents.

Free Troops to Teachers Seminars

The Southeast Region Troops to Teachers program has scheduled a series of free seminars to be held on the first Tuesday of each month, in the Navy College Office, building 60, room 239 at 10:30 a.m. Seminars are the first Tuesday of the month for the remainder of the year. Seminars will be conducted by Chris Carey, Mississippi State Program Manager.

NCBC Earth Day Events

NCBC Environmental is putting finishing touches on planned events for Earth Day, April 22. The focus this year is on base-wide participation to include military personnel and civilian employees of the Center, as well as base residents. To date, the following activities are planned:

~ Tree Planting

Ten Natchez Crepe Myrtle's will be planted on base in honor of Earth Day. Details are being worked out and will be

publicized when the time and location are final.

~ Child Development Center (CDC)

Children attending CDC are preparing Earth Day artwork which will be placed for display at the NEX Mini Mart, Navy Exchange, Grill and Fitness Center from April 17 through the end of the month.

~ Base-wide Cleanup

On April 22, all commands are encouraged to clean up their areas of responsibility for both

Earth Day and in preparation of Hurricane Season. Trash and debris should be removed, along with items no longer used or needed. The Recycling Center will accept paper, cardboard, wood, scrap metal, bottles and toner cartridges. These items do not belong in the dump-



sters. Universal waste such as tires, fluorescent bulbs and batteries require special handling. Contact Stanley Smith, Hazardous Waste Manager, at 228-871-2338, for additional information. Commands are responsible for providing volunteers with necessary supplies for cleanup of responsible areas.

~ Fenceline Cleanup

Volunteers are needed to conduct a fenceline cleanup April 22, at 8:30 a.m., near the Pass Road and 28th Street gate. CBC

Environmental will provide volunteers with gloves, bags, etc. Volunteers are asked to contact Danny Nichols at 228-822-5938 by April 17 for site location and other details.

~ Learning about the Earth and Gardening

Third, Fourth and Fifth Grade children attending 28th Street Elementary School in Gulfport will be on board April 24 at 9 a.m., for a presentation by four researchers from Mississippi State University Coastal Research Center.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

My kids are total BRATs

From the time I toddled around in droopy diapers, to the day I drove off to college in my VW Bug, I lived in one small Pennsylvania town. The kids who picked their noses next to me in Mrs. Rowley's kindergarten class were the same ones who walked across the stage with me at our high school graduation. I had one hometown, one high school, one brick house, one yellow bedroom, and one best friend who I gabbed with each night on my one candlestick rotary phone while draped across my one mock brass twin bed.

By contrast, as a military child, our oldest went to three different high schools. He grew up in eight different homes, in three different states and two foreign countries. He has said goodbye to six different best friends, six different piano teachers, and four different Boy Scout troops. He played on three different varsity football teams, and his academic transcripts are almost as complicated as the US Tax Code.

Essentially, my son and his two younger sisters are total BRATs.

No, not that kind of brat. Although our kids have definitely displayed their fair share of unruly behavior, infuriating teen arrogance and

near juvenile delinquency; I'm calling my kids "military BRATs," which has an entirely different connotation.

Back in 1986, former Defense Secretary Casper Weinberger established April as The Month of the Military Child. Military commands and communities will be holding special events honoring the 1.7 million children of military families. Operation Military Kids, an organization dedicated to military children, asks that everyone "Purple Up!" as a show of support. Wear purple on April 30th to recognize the unique challenges military children face, such as deployments, family separations and frequent moves.

So why am I calling my kids BRATs during the month of April? Although it is fairly common knowledge that "military brats" are children of US servicepersons, few know the true origin of this term. According to WilliamsburghMilitaryInsider.com, "B.R.A.T." may be an old acronym for "British Regiment Attached Traveler," used to describe dependents accompanying British Army members being stationed abroad.

Over the years, the term expanded and evolved to become a universal descriptor for kids who move with their military

parents. Regardless of the technical definitions and historical origins, the term "military B.R.A.T." means so many different things -- both good and bad -- to each military family.

The acronym B.R.A.T. might as well stand for all military parents' fears that their kids will be Bewildered, Reluctant, Afraid and Timid after each move. We put them in new schools, worried that they will be Bullied, Ridiculed, Abused and Taunted. Wracked with guilt, we feel Blameworthy, Remorseful, Apologetic and downright Terrible.

However, we military parents fail to remember that our BRATs are Brave, Resourceful, Amicable and Tolerant. After every move, they make new Buddies, form new Routines, find Acceptance, and feel Triumphant.

But kids will be kids, even the military ones, so they milk our guilt for all it's worth, and lead us to believe that they are miserable.

They Bellyache, Refute, Accuse and shed Tears. They claim that all the students in their new school are Buffoons, Rednecks, Airheads, and Tramps. They tell us they might be able to cope if they were given Bonuses, Riches, Allowance and Toys.

And every time, we



get suckered. As the Bills, Receipts, Arrears and Taxes pile up; the stress causes Balding, Reflux, Anxiety, and Tension headaches. Before you know it, we're stocking up on Botox, Rogaine, Antacids and Tequila.

But regardless of the challenges of our military life, our children don't succeed despite their military upbringing, they succeed because of it. And when they grow up and lead their own lives, they bring with them Beautiful Recollections of American Traditions.

As we celebrate the sacrifices and triumphs of military children this month, I'm beaming with pride when I say that our kids are most certainly, undeniably, complete and total BRATs.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

Victim Legal Counsel Note

The Navy Victims Legal Counsel (VLC) Program is fully operational in Navy Region Southeast. The Navy is implementing the VLC Program to provide a military attorney free of charge to all eligible victims of sexual assault.

VLCs can assist eligible victims with a decision to make a restricted or an unrestricted report of sexual assault; advocate on their behalf to investigators, commanders, and prosecutors; advance and protect victim rights and interests during the courts-marital process; and provide other legal advice and assistance connected to a sexual assault.

It is never too early or too late for an eligible victim to seek the assistance of a VLC. All communications between eligible victims and VLCs are confidential! Those eligible for VLC services include active duty Sailors, certain Reservists, and if the alleged offender is an active duty member, both adult and child dependents.

Victims of sexual assault are encouraged to contact the Sexual Assault Response Coordinator (SARC) or assigned Victim Advocate for a referral to the VLC, or to contact the VLC directly. To reach the VLC who supports NCBC, NAS JRB New Orleans, and NAS Meridian, please call Lt. Cmdr. Davin Rieke at 228-871-2909 or via email at davin.rieke@navy.mil.



Stars and Stripes Golf Tournament for USO Gulf Coast

Hickory Hill Country Club
900 Hickory Hill Drive
Gautier
April 25
Registration/Breakfast:
7 a.m.
Shotgun start: 8 a.m.

NCBC Helping Hands

CHRISTIAN COLLEGIATE ACADEMY – Christian Collegiate Academy on Dedeaux Road in Gulfport is asking for volunteers to help them at their 8th Annual Spring Festival, April 18. Volunteers are needed to set up the festival and to perform miscellaneous duties. For more information, please contact Kathy Wall, 228-861-8337 or kathywall@cableone.net.

WEST HARRISON HIGH SCHOOL - West Harrison High School, 10399 County Farm Road, Gulfport is asking for volunteers to serve as testing proctors: April 20 – 24, two shifts: 7:15 – 10 a.m. and 11:15 a.m. – 3 p.m., April 27 – May 1, two shifts: 7:15 - 10 a.m. and 11:15 a.m. – 3 p.m., May 4 – 8, two shifts, 7:15 – 10 a.m. and 11:15 a.m. – 3 p.m., May 11 – 15, 7:15 a.m. – 3 p.m. Volunteers do not have to work all of the days, but are asked to stay until testing is completed for the day. Point of contact is: Julie Cullinan, 228-539-8900, or JCullinan@harrison.k12.ms.us

BETHESDA FREE CLINIC, OCEAN SPRINGS
The Bethesda Free Clinic will be sponsoring a booth at the ColOhr Fest, April 25, 9 a.m. – 8 p.m. and April 26, 10 a.m. to 6 p.m. at the Ohr-O'Keefe Museum in Biloxi. Volunteers are needed to hand out fliers and information about the clinics services and health/wellness information that the clinic provides. Volunteers may sign up to help all day or any hours that would be convenient. Volunteers who have a medical background are needed to help with blood pressures and finger sticks (for blood sugar levels). Point of contact is Teresa Dubuisson, 228-818-9191.

READING TUTORS - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 to volunteer.

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.

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.

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.

BUILD HANDICAP RAMPS - Volunteers are needed to build handicap ramps for the disabled. If you would like to help, please contact Susan Smith at Fleet and Family Support Center, 228-871-3000.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvation-army.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. Call 228-871-2610 to volunteer.

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.

Seabee Memorial Chapel

What's happening at the chapel?

Protestant

Sunday

9:15 a.m. - Sunday School (Ages 5-12 years)

10:30 a.m. - Services

Weekdays

Wednesday 11:30 a.m. - Praise Break (20 minutes of praise and worship through music)

Noon - 1 p.m. - Protestant Women of the Chapel Bible Study

Catholic

Sunday

8:30 - Rosary/Confession

9 a.m. - Mass

10 a.m. - CCD (Pre-K through 12th Grade)

Weekdays

Monday, Tuesday & Friday – 11:15 a.m. - Mass

Thursday

5 p.m. - Holy Hour

6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

Courses: **safeTALK:** April 21*, April 22 and April 28*, 8 a.m. – noon (*designated training for Security*)

The Chapel is currently undergoing renovations and events schedule are subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at gulfport-chapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis

FREE FEATURE LENGTH SNEAK PEEKS AT THE DIGITAL CINEMA

4/19 at 4:30 pm- Little Boy (PG13)

Pick up tickets 4/16-4/19

While supplies last. 1 PER person present

4/25 at 7 pm- Avengers: Age of Ultron (PG13)

Pick up tickets 4/23-4/25

While supplies last. 1 PER person present

Navy Outdoor Recreation

April Special- Rent any inflatable and receive your choice of a popcorn/ cotton candy/ sno cone machine OR 1 six foot table and 7 chairs at no cost! Call 228-871-2127 for info

The Grill

Get your caffeine fix for FREE* at The Grill during COFFEE CRAZE all month long!
7 -9 am *with food purchase
Stop in today for yours!
Call 228-871-2494 for more details

APRIL 17-23

Auto Skills Center

Every Thursday in April enjoy FREE Tire Rotation services by appointment!
Call 228-871-2804 to schedule yours today!

ITT

Sail away with Ship Island Excursions
Tickets now available at ITT!
Call 228-871-2231 for details

Fitness

Stop in for new Virtual Fitness Classes
Monday – Saturday!
4/28- Adult Swim Lessons Begin!
Call 228-871-2668 for information

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-F 5:30a-5p Sat-Sun 9a-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:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Teen Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	

NEW HOURS



Apr 18- 4 p.m., Crawfish Music Festival,
Free Shuttle
Apr 19- 10 a.m., Ship Island Excursion Trip, \$20
Apr 21- Tournament Tuesday's –
8-Ball Pool Tournament , 1st Place Prize
Apr 23- 6:30 p.m. Free Movie Thursday
at the Digital Cinema,
Pick up coupon at Liberty

Digital Cinema at the Training Hall

April 17

6 p.m.

Insurgent 3D (PG13)

8:30 p.m.

Get Hard (R)

April 18

2 p.m.

Insurgent 3D (PG13)

4:30 p.m.

Insurgent (PG13)

7 p.m.

Get Hard (R)

April 19

2 p.m.

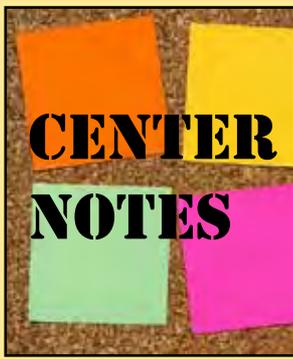
Insurgent (PG13)

4:30 p.m.

FREE SNEAK PEEK
Feature Length
Little Boy (PG13)

24 Hour Movie Hotline
228-871-3299

Bldg 446, Marvin Shields Blvd.



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 Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime

Royal at 317-730-4064 or 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 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., 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.navywivesclubsof-america.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 en-

tirely 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 classroom. 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 - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 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 service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

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 or for links to historical sites, visit: <http://nmcb62alumni.org>.

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. For info, contact the museum at www.seabee-museumstore.org or call gift store at 228-871-4779.



NAVY-MARINE CORPS RELIEF POKER RUN - APRIL 18

Registration: 9 a.m.

First bike out: 10 a.m., Last bike in: 4 p.m.
50/50, drawings, high hand, Food, drinks, fun!
All vehicles welcome, rain or shine!

11007 Wolf River Road, Gulfport
For more information, call 228-229-2816

NMCRS provides financial assistance and education, as well as other programs and services to members of the United States Navy and Marine Corps, their eligible family members, widows and survivors. The Society also receives and manages donated funds to administer these programs and services.

Presented by: The Armed Forces of America
Motorcycle Club, Mississippi Chapter



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.

NCBC Construction



Through April 30:

Chapel parking lot, affecting parking for buildings 124 and 366. This closure is required for additions curbing and re-paving of the chapel parking lot. Updates will be sent out as known.

April 21 and 28:

The access road (command parking) between Dong Xoai Ave. and Decatur Ave. will be closed April 21 and April 28, from 8 a.m. - noon for concrete work and replace-

ment of HVAC chillers on the East sides of both buildings 119 and 120. The access road at will be closed during the delivery of the crane and operations at each building. Command parking will be affected. Entry and exit to command parking will likely be affected, dependent on crane placement or operations for safety purposes. Please avoid the area if possible and watch for construction workers.