

SEABEE COURIER



Sancho Johnson and Chris Suter, wounded warrior participants, prepares for cycling event during the wounded warriors training at Naval Base Ventura County, Port Hueneme. The Wounded Warrior Project was once a program to help provide comfort items to wounded service members, but has now grown into a rehabilitative effort to assist warriors as they transition to the civilian life. U.S. Navy photo by Construction Electrician Constructionman Curtis Lee/Released.)

Seabees assist Wounded Warriors

By CECN Curtis Lee
NMCB 3

Eleven Seabees from Naval Mobile Construction Battalion (NMCB) 3 volunteered to assist wounded warriors during their training at Naval Base Ventura County (NBVC), Port Hueneme, Calif., May 29 – June 4.

The Wounded Warrior Project (WWP), once a program to help provide comfort items to wounded service

members, has now grown into a rehabilitative effort to assist warriors as they transition to the civilian life. The Seabee volunteers helped make the wounded warriors' week-long stay even more comfortable.

According to Builder Constructionman Lane Wolfe, NMCB 3, the volunteers took turns driving the wounded warriors to their hotel, to

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NMCB 133 holds Change of Command



Left to right - Cmdr. Miguel Dieguez, incoming Naval Mobile Construction Battalion (NMCB) 133 commanding officer, Capt. John Adametz, commander, Naval Construction Group (NCG) TWO, and Cmdr. Jeff Powell, outgoing NMCB 133 commanding officer, render a hand salute while the color guard parade the colors during the Battalion's change of command ceremony on board Naval Construction Battalion Center (NCBC) Gulfport, June 19. (U.S. Navy photo by Mass Communication Specialist 1st Class Cliff Williams/Released)

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Where to watch the 4th of July Fireworks

Ocean Springs Independence Day Fireworks:
July 3, 8:45 p.m., Front Beach

City of Gulfport 4th of July Fireworks:
July 4, 8:45 p.m., Gulfport Small Craft Harbor, U.S. 90

Biloxi 4th of July Fireworks:
July 4, 9 p.m., Biloxi Small Craft Harbor, U.S. 90

Waveland Red White and You celebration:
Picnic/Music: July 4, 4 p.m. Fireworks: At dusk, Coleman Ave., on the beach

Pascagoula 4th of July Fireworks:
July 4, 9 p.m., Beach Park

Note: These events are not NCBC Gulfport events and are subject to change/cancellation without notice and should be verified

NCBC

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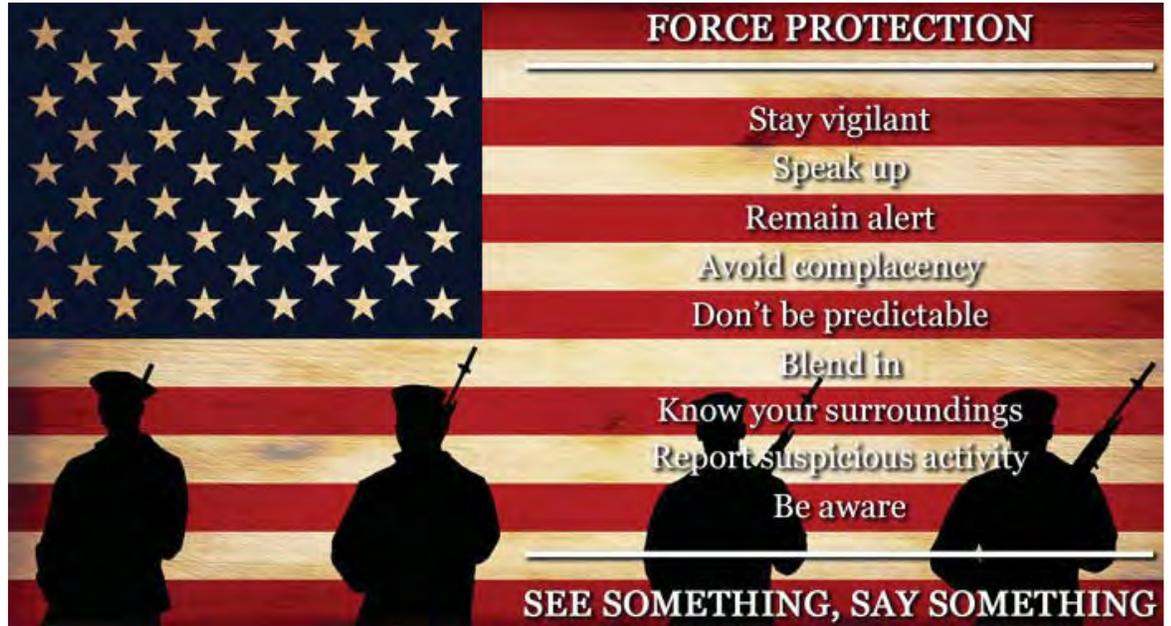
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July Tip of the Month

From Families Over Coming Under Stress (FOCUS)

Summertime is a good time for BBQ's, going to the park, and sitting by the pool with friends and family. In the heat of the summer, sometimes kids can "lose their cool" and they may misbehave. When children have "lost their cool," it is up to the parents or caregiver to help the child get back in control of their feelings and actions.

Taking a time out is a great way to help your child regulate their emotions, but instead of sending your

child to "time out," try calling it the "cool down" corner. "Cooling down" helps the child to connect their emotions to their behavior, while removing the negative or "punishment" feeling of "time out." FOCUS can work with your whole family on summer cool down strategies!

FOCUS (Families Over Coming Under Stress) is a resiliency-building program of the Navy Bureau of Medicine and Surgery (BUMED). It is designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS

promotes family strengths and supports couples and parents to help manage the challenges of military life. Through the sharing of perspectives, families make meaning together and thereby grow in unit cohesion, mutual care and effective communication. In the context of their unique stories, couples and families learn and practice key skills to enhance communication, problem solving, goal setting and overall family resilience. Making meaning as a family unit as well as enhancing resiliency skills have been shown significantly to increase a family or couple's ability to handle military and life stressors more effectively.

Contact us today to learn more about FOCUS and to schedule your fun and personalized training sessions! FOCUS is located at 304 John Paul Jones, Room 405, next to Anchors & Eagles. The main office phone number is 228-822-5736, and our general email is gulfport@focusproject.org. For more information about FOCUS, visit us online at www.focusproject.org or www.facebook.com/FOCUS-resiliencytraining.



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

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Members of the Naval Construction Battalion Center (NCBC) Gulfport, Multicultural Diversity Committee, and guest pastor, Brandiilnye Dear, center, are pictured with Capt. Paul Odenthal, commanding officer, NCBC, and CMDM Mark Thomas, command master chief, NCBC Gulfport, at the inaugural Lesbian Gay Bisexual Transgender (LGBT) Pride Month event on board NCBC Gulfport, June 24. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

NCBC celebrates LGBT Pride Month

By CE3 Dustie Bond
NCBC Public Affairs

The Multicultural Diversity Committee (MDC) presented their inaugural Lesbian, Gay, Bisexual, Transgender (LGBT) Pride Month event at the Training Hall on board NCBC Gulfport, June 24.

The invocation and benediction was performed by Brandiilnye Dear, a pastor and founder of The Dandelion Project, in Laurel, Miss. The guest speaker was Kevin Bonner, a transportation assistant at Personnel Support Detachment Gulfport and a member of MDC. The program included historical videos, recorded interviews with prominent public figures and a live performance by members of the MDC.

Pride month is celebrated to coincide with annual month-long observances of LGBT history of gay rights and civil right movements. June's observance provides educational opportunities to assist people in creating acceptance and inclusion.

Equipment Operator 2nd Class Kareshia Stallworth, MDC treasurer, was pleased that more than 50 people attended the event.

"I am overly ecstatic about the event that happened in observance of the LGBT community, civilian and military," said Stallworth. "I believe that love doesn't necessarily mean that you have to agree with the choices that others make for their own lives but, it does mean that you respect and care for individuals despite their ethnicity, religion, sex, or orientation."

The committee plans to continue showing support for special observances as mandated by the Defense Equal Opportunity Management Institute (DEOMI).

"I am all about empowering people and supporting others in hopes that it will build a stronger and more cohesive world," said Stallworth. "With all that is going on in the world, love -- and I mean true love -- is the only thing that will conquer the bad."

Independence Day Meal

Colmer Dining Facility
July 8, 11 a.m. - 12:30 p.m.

- Watermelon Gazpacho Soup
- Grilled Hamburgers
- Grilled Hot Dogs
- BBQ Chicken
- Corn on the Cob
- Southern Style Green Beans
- Baked Beans
- Potato Salad
- Cole Slaw
- Assorted Chips
- Assorted Desserts



Cost: \$5.55

All with authorized base access are welcome!



Buzz on the Street

By CE3 Dustie Bond, NCBC Public Affairs

"When you were a kid, what did you want to be when you grew up?"



YN3(SCW) Mandisa Donaldson
NCBC Gulfport
Hometown: Queens, N.Y.



CE3 Danny Duvall
NCBC Gulfport
Hometown: Kailua, Hawaii



EO2(SCW) Tamar Lange
NCBC Gulfport
Hometown: Michigan Center, Mich.

"I wanted to open an orphanage and help children with their needs."

"I wanted to be an electrical engineer because I wanted to find new power sources for clean energy."

"The President. I wanted to change the world and be in charge."



AROUND THE CENTER



Capt. Paul Odenthal, commanding officer, NCBC Gulfport, awarded five members from the base Fire Department with certificates of significant achievement, June 24. The five received the certificates for their actions in response to a traffic accident

involving a tractor-trailer and a motorcycle rider. From left to right are: Billy Ducote, Damon Westfall, Rene Luna, Carey Parker, Frank Koger and Capt. Odenthal. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)



Left: Seabees attached to Naval Mobile Construction Battalion (NMCB) 133 take down tents to prepare for a site move as part of their command post exercise (CPX) on board NCBC, June 24. This is NMCB 133's third and final CPX before they head out for their field training exercise in July. (U.S. Navy photo by Construction Electrician 3rd Class Dustie Bond/Released)

Above: The Fleet and Family Support Center (FFSC) hosted their monthly Job Fair at the FFSC, June 25. The 15 companies in attendance at this month's fair represented the construction industry, gaming, education and more. For information about the monthly job fairs, call 228-871-3000. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



Food Drive June 1 - Aug. 28

Federal employees are working together to collect food nationwide for local food banks. Please bring non-perishable food items to drop off locations on board NCBC Gulfport: NEX, FFSC, Liberty Center, NBHC, Commissary, Chapel, Housing, all quarterdecks.

Reminder:

The NCBC Commissary will be closed July 4 for Independence Day and reopen July 5 for normal hours of operation.





Sailors partner with local schools to make a difference

By BUCN Elizabeth Mills
NCBC Public Affairs

Instructors attached to Naval Construction Training Center (NCTC) Gulfport had the opportunity to assist with giving the hallways at W. J. Quarles Elementary School in Long Beach a fresh coat of paint, June 26.

The collaboration between the school and NCTC was organized through the Partnership in Education Program which provides Sailors an opportunity to enhance the educational experience for students and to give back to the local community.

In addition to general maintenance and beautification projects, these Sailors also support the school through mentoring programs, tutoring, proctoring, field day events, career days and special events.

"The help we receive from these Sailors is amazing," said Jan Hansen, Quarles Elementary School principal.



Navy Counselor 1st Class Lamar Smith, attached to Naval Construction Training Center (NCTC) Gulfport, paints the hallway at W. J. Quarles Elementary School in Long Beach, Miss., June 26. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

"They put their heart into it and do what most people would never do."

Along with NCTC, service members assigned to Naval Mobile Construction Battalions and the Naval Branch Health Clinic Gulfport have

teamed up with six schools in three school districts to offer support and to help students.

"NCTC's First Class and Second Class Association chose to adopt Quarles Elementary because we wanted to not only serve our community, but impact the children and faculty in this great state of Mississippi," said Navy Counselor 1st Class Lamar Smith, assigned to NCTC.

According to Hansen, her goal is to have students look at the mentors as someone to look up to and it gives Sailors a chance to mold future leaders.

"They have done an outstanding job and I hope my students see what amazing people they are and the work they have put into our school to make it better," said Hansen.

For more information on the Partnership in Education Program, contact NCBC School Liaison Officer Kevin Byrd at 228-871-2117.

Construction Electrician 1st Class David Freitas, attached to Naval Construction Training Center (NCTC) Gulfport, uses masking tapes help keep paint off unwanted areas around school windows at W. J. Quarles Elementary School in Long Beach, Miss., June 26. The project is part of the Partnership in Education Program in which NCTC's First and Second Class Association adopted Quarles Elementary to not only serve the community, but to positively impact the children and faculty at the school. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

July 2, 2015

Fourth of July Fireworks Safety



By BUCN Elizabeth Mills
NCBC Public Affairs
and
NCBC Fire and Emergency Services

Celebrating Independence Day often involves family outings, picnics and backyard barbecues with friends and loved ones. These events often include fireworks. According to the Consumer Product Safety Commission, more than 240 people on average go to the emergency room with a firework-related incident during the month of July.

People who live on board Naval Construction Battalion Center (NCBC) Gulfport should be aware that fireworks of any kind are not permitted on the Center. Those who are planning to celebrate the 4th of July off base in areas where fireworks are legally permitted should keep these tips from Fire and Emergency Services and the Consumer Product Safety Commission in mind to safely enjoy the festivities.

~ Always have an adult supervise fireworks activities. Never allow young children to play with or burn fireworks. Sparklers burn at temperatures of about 2,000 degrees – about as hot as a blow torch.

~ Keep a bucket of water, a garden hose and/or a fire extinguisher handy in case of fire or other mishap.

~ Never light fireworks indoors or near dry grass.

~ Always read the directions and warning labels on fireworks. If a device is not marked with the contents, directions and a warning label, do not light it. Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.

~ Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.

~ Never try to re-light or pick up fireworks that have not ignited fully.

~ Never point or throw fireworks at another person and never carry fireworks in a pocket or shoot them off in metal or glass containers.

~ Light fireworks one at a time, then move back quickly.

~ After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.



Fireworks displays are best left to professionals. Recommended safety distances from fireworks display to spectators are 100 feet for Roman Candles and other related aerial shells and mines. For the large mortar type of fireworks, a distance of 150 feet distance for mortars 1 inch or smaller in diameter, 210 feet for mortars 1.5 inches diameter. For the most commonly watched mortars -- 2 inch and 2.5 inches in diameter, the recommended spectator distances are 280 and 350 feet respectively.

For more information on firework safety, go to www.cpsc.gov and click on the Firework Safety Information Center.

Seabee Courier

Back in time . . .

Seabee history - Vietnam Era



Equipment is transported down the river in support of Naval Mobile Construction Battalion (NMCB) 3 Seabees in Chu Lai, Republic of Vietnam in May, 1965. After being decommissioned in 1944, NMCB 3 was reactivated July 15, 1950 at Construction Battalion Center, Port Hueneme, Calif. NMCB 3 made three deployments Da Nang, Vietnam and constructed more than 500 facilities for the Marine Corps. (Photo courtesy of U.S. Navy Seabee Museum/Released)

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

July 2, 2015

NMCB 133 welcomes new commanding officer

By MC1 (SW) Cliff Williams
NMCB 133 Public Affairs

Naval Mobile Construction Battalion (NMCB) 133 marked a transition in the battalion's history with a change of command ceremony aboard Naval Construction Battalion Center Gulfport, June 19.

During the ceremony, Cmdr. Jeff Powell was relieved by Cmdr. Miguel Dieguez.

Powell served as the commanding officer since June 2013, and most recently returned from the command's deployment where he exercised complete command and control of 13 enduring detail sites, operating in 30 different locations across 20 countries. During the deployment, Seabees completed the construction of a 135-man security personnel camp aiding in the stand up of Naval Support Facility Deveselu, Romania supporting the Aegis Ashore Facility. They erected a 55-foot steel tower providing communications support to Passive Countermeasure Systems

and Shipboard Electronic Systems Evaluation Facilities operations in Rota, Spain. They also supported special operations forces throughout AFRICOM, including the stand-up of Camp Tassone in N'Djamena, Chad.

Under Powell's command, NMCB 133 also supported Operation United Assistance, providing security requirements, engineering support, and logistics for this presidentially mandated 45-day mission in Monrovia, Liberia. Seabees constructed the support facilities for a 25 bed hospital, mentored local contractors and the Armed Forces of Liberia, provided contract oversight, and conducted site assessments for numerous Ebola Treatment Units (ETU).

This is Powell's second duty assignment to NMCB 133; he had served as the battalion's Executive Officer from 2008 to 2010.

In a speech to the command, Powell expressed his gratitude to the Seabees who made his second tour with NMCB 133 a successful one.

"Your professionalism and motivation has been remarkable. As I move on, I take with me lifelong memories and the comfort that the tremendous legacy of the Runnin' Roos is secure," said Powell. "I will be forever grateful for the opportunity to serve alongside you these past two years."

Powell received the Meritorious Service Medal from the guest speaker, Capt. John Adametz, Commander, Naval Construction Group (NCG) TWO.

Upon completion of the ceremony, Powell will transfer to the Office of the Chief of Naval Operations at the Pentagon.

Dieguez, a Hartford, Conn. native, said that he is proud to be associated with a force equally capable of restoring hope and expanding partnerships through disaster recovery, humanitarian assistance, and civic action.

"My goal and my vision for this command is to continue maintaining the highest standard of service, readiness, and conduct built on a culture of professionalism,



NMCB 133 Commanding Officer, Cmdr. Miguel Dieguez presents the Command Master Chief, CMDCM Eric Carpenter, the guidon flag during the command's change of command ceremony aboard Naval Construction Battalion Center (NCBC) Gulfport, June 19. (U.S. Navy photo by Mass Communication Specialist 1st Class Cliff Williams/Released)

pride, respect, and dignity," stated Dieguez. "We will be ready and capable to execute quality construction whenever and where ever this nation needs us to do so."

Dieguez was recently assigned to Navy Region Southeast, Jacksonville, Fla., where he was the Assistant Regional Engineer.

A change of command is a military tradition that repre-

sents a formal transfer of authority and responsibility for a unit from one commanding officer to another. The passing of colors, standards, or ensigns from an outgoing commander to an incoming one ensures that the unit and its service members is never without official leadership, a continuation of trust, and also signifies an allegiance to their commanding officer.

Seabee Courier

NMCB 11 CCAD YAP



Chief Utilitiesman Duane Jerry, center, from Orlando, Fla., and Construction Electrician 2nd Class Joshua Davis, from East Freedom, Pa., assigned to Naval Mobile Construction Battalion (NMCB) 11, give Yap residents an orientation to the Armed Services Vocational Aptitude Battery education program. NMCB 11 Construction Civic Action Detail (CCAD) Yap is deployed in the Federated States of Micronesia to complete humanitarian construction projects alongside local workers and conduct community engagement programs. (U.S. Navy photo by Ensign Frances Hunter/Released)

From **WARRIORS** page 1

meals and to all events on base. Wolfe was able to connect and get to know some of the wounded warriors in the process.

"It feels great to talk to them!" said Wolfe. "They talked about what they have been through in their careers which gave me an insight on what to look forward to when I deploy for the first time."

During this event, Senior Chief Equipment Operator Pamela Leith, NMCB 3's Echo Company 1st Platoon chief, was reunited with her brother, Steven Lee, a wounded warrior.

"I was very proud he was selected to be a part of the WWP ... it's a wonderful sight to see your loved one once again enjoying life to its fullest," said Leith. "Being able to participate in the wounded warriors games has given him not only camaraderie of being around other service members, but also the exercise, support, sharing and being a part of a team ... The friends he has made in this organization are priceless and I'm so happy he's a part of it."

According to Lee, a retired Navy Aviation Mechanic First Class, his military career was cut short due to a spinal injury back in 2009. Since then, WWP would call every year to invite him to join the program. Last year, he decided to finally give it a shot.

"I never got involved at first until I participated in the trials last year at Norfolk, Virginia," Lee said. "I'm in a town where there aren't too many prior military so it feels good to come back and be around people who know what I've been through and speak the same terminology." "I don't see my sister very much. When we were both active duty we would only see each other once every four to five years. Now that I'm retired and part of WWP, I get to see her more than I used to," he said.

NMCB 1 deployment preparation



Sailors and families attended the Naval Mobile Construction Battalion (NMCB) 1 predeployment fair June 26, in preparation for the upcoming deployment. The fair provided everyone with information booths covering topics such as deployment sites, legal and medical services, family assistance, Morale Welfare and Recreation (MWR) programs and other subjects to assist deploying Sailors and family members. (U. S. Navy photos/Released)



Navy Community Outreach (NAVCO) visits NMCB 1 to interview Sailors for their respective hometown newspapers. NAVCO is responsible for conducting Navy outreach activities nationwide, with a specific emphasis on U.S. markets which do not enjoy a significant everyday Navy presence. (U.S. Navy photo/Released)

Keep What You've Earned

Be responsible this weekend. If you're going to drink, don't let yourself get out of control. You could lose a significant chunk of your paycheck after just one Alcohol Related Incident. That's not to mention civilian fines. A typical DUI costs about \$10,000 by the time you pay bail, fines, fees and insurance, even if you didn't hit anything or hurt anybody. Keep your money in your pocket. Represent the Navy well by making responsible drinking choices this 4th of July.

RACE ENGINES, DIRT BIKES, ATVs, 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 | - Motivated to Volunteer
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- No NJP
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|--|---|



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SEABEE Online

United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

Focus on Education

Future Submariner Graduates First at Annapolis Naval Academy

By Lt. Teng K. Ooi, PhD
USNA/NAVAIR Reserve
Program

The Electrical and Computer Engineering Department is proud to congratulate one of our distinguished graduates. Midshipman 1st Class Michael K. Johnson received the Admiral Frank B. Kelso II, Class of 1956 Award for graduating with the highest overall Order of Merit in the USNA Class of 2015.

This award recognizes and honors Johnson's superior scholastic achievements, his demonstrated athletic and extracurricular accomplishments, and his commitment to military service.

As a Naval Academy Trident Scholar, Johnson completed a project titled "Probe-Independent EEG Assessment of Mental Workload in Pilots" with advisor Dr. Justin Blanco, Naval Academy Electrical and Computer Engineering Department.

Johnson graduated with a Bachelor of Science in Electrical Engineering with a minor in Mandarin Chinese. He will attend Stanford University as part of the Navy's Immediate Scholarships for Graduate Education Program where he will pursue a Master's degree in Computer Science. Johnson received



Midshipman 1st Class Michael K. Johnson shakes hands with Vice President Joe Biden at the U. S. Naval Academy's graduation ceremony at the Navy-Marine Corps Memorial Stadium in Annapolis, Md., May 22. Johnson received the Admiral Frank B. Kelso II, Class of 1956 Award for graduating with the highest overall Order of Merit in the USNA Class of 2015. (U.S. Navy photo courtesy of USNA/Released)

a Research Assistantship with the Preventive Defense Project which will cover half the cost of his tuition. After completing his degree he will enter the Navy's nuclear submarine community.

"I feel humbled to receive this award among so many other incredible graduates," said Johnson. "I could not have achieved this position without the help of my mentors at the Naval Academy, my friends, and most especially my Mom

and Dad. I am excited to see what the Class of 2015 can accomplish in the future, and I look forward to joining the submarine community soon."

Additionally, Johnson was awarded the Gardner L. Caskey Memorial Prize, the Veterans of Foreign Wars Prize, the Lieutenant (Junior Grade) Patrick K. Inglis, USN, Memorial Award, the Peruvian Naval Medal of Honor to Merit, and the Captain Boyd R. Alexander Prize.

Education Notes

Baby Boot Camp

The popular Baby Boot Camp class will be presented to parents who are expecting or to those with new babies (up to three months), July 16, 8 a.m. - noon at the Fleet and Family Support Center (FFSC) Gulfport. Call 228-871-3000 to register.

CCC Fall "A" Registration

Registration for the Coastline Community College Fall "A" Term which runs from Aug. 24 to Oct. 18, will take place June 22 - Aug. 17. Additional information may be obtained in the Navy College Office, Building 60, room 239 or by contacting Dr. David Drye at 228-871-3439 or email at ddrye@coastline.edu.

Note from NCBC School Liaison Officer regarding Alternate School Districts:

Parents, if you live on base and want to take advantage of the law that allows your children to go to an adjacent school district you do not need a district transfer. The key is "live on base." If you live off base you will need a district office transfer form signed by the superintendent. Point of contact for further information is Kevin Byrd, 228-871-2117 or kevin.r.byrd@navy.mil

Annual Back to School Sales Tax Holidays in Mississippi and Alabama

The back to school Mississippi Sales Tax Holiday takes place between July 31, 12:01 a.m., and ends Aug. 1 at midnight. According to the Mississippi Sales Tax Holiday passed in the 2009 Legislative Session, sales tax is not due on the sale of articles of clothing or footwear if the sales price of a single the item is less than \$100. For more information on the Mississippi Sales Tax Holiday, visit: <https://www.dor.ms.gov/secondsalestax-holiday.html>

Alabama will hold its 10th Annual Sales Tax Holiday, beginning Aug. 7, at 12:01 a.m. and ending Aug. 9 at midnight, giving shoppers the opportunity to purchase certain school supplies, computers and clothing free of state sales tax. Local sales tax may apply. For more information on the Alabama Sales Tax Holiday, visit: <http://revenue.alabama.gov/salestax/SalesTaxHol.cfm>

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 will be conducted by Chris Carey, Mississippi State Program Manager.



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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

A Blast from the Past: *Remembering July 4th celebrations*

What is it about the 4th of July?

I think of Thanksgiving and smell the aroma of roasting turkey as the jets under my tongue fire off tiny squirts of saliva. I think of New Year's Eve, and hear a paper horn blast and see a sparkle of foil confetti. Who doesn't think of St. Patrick's Day and imagine green, while tasting the vaguely minty flavor of a Shamrock Shake or feeling the bubbly tickle of tinted beer?

And so it goes, that when July 4th rolls around, I tap into a unique set of associative sights, sounds, scents, flavors and emotions stored in the 1970s backyard shed of my mind.

Hot sunshine is the first recollection to surface, shedding light on other nostalgic summertime sensations -- the steamy aroma of freshly cut grass, the cacophony of kids' laughter at the community pool, the slippery coolness of a red-white-and-blue Astro Pop. As the full scope of Independence Day memories are revived, I recall flags flying from porches and posts. The tang of barbecue sauce. The sweetness of hot buttered corn on the cob.

The thwap of watermelon seeds blown through pursed lips.

As the smoldering charcoal of festive family barbecues dissipate, excitement grows. We grab flashlights, blankets, and ozone depleting aerosol cans of bug repellent (toxic by today's standards) and jump into the family station wagon.

Since everyone in town is headed to the fairgrounds for the fireworks show, we have to park several blocks away and take a shortcut through the old cemetery. I know it's just my brother jumping out from behind gravestones to scare me, but I'm petrified nonetheless.

At the fairgrounds, we claim our spot on the grass sloping toward the grandstands where the Annual Demolition Derby was held earlier that day. The banged up cars are gone from the dirt arena, but in the dim dusk we can see the platform from which fireworks will soon be launched.

Lying on the blanket, I hear the crackerjack rat-a-tat of a brass band belting out patriotic tunes, and wait for the first thunk of the fireworks launcher. I smell the faint scent of chlorine in my hair and feel corn-on-the-cob

remnants stuck between my teeth.

Boom!

The sky erupts in a massive starburst of radiating white-hot combustion. Oooh! I look around to see the crowd of faces turned upward, eyes communally reflecting the fresh flash of light. Dying embers fizzle, sparkle, then fall toward the earth.

Ahhh!

Pow! My brother doesn't sit on the blanket, but stands in silhouette before us as vivid color ignites the night sky. With every backfire blast, he jerks theatrically as if hit by a bullet. In the shoulder, then the leg. The gut. The chest. Each shot temporarily weakens him, and he is knocked off balance. Just as it looks as if he may fight back, another invisible bullet -- Pow! -- takes its toll. His gruesome display continues until, during the rapid-fire finale, he convulses dramatically, collapsing to the ground. He looks like a goner, but his shaking hand reaches upward with the sheer human will to survive...

Pow, pow! Pow! ... POW! And with that, my brother fakes his final heroic demise ... until Mom tells him he'd better c'mon if he



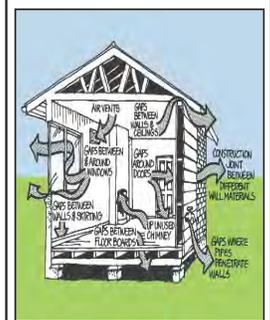
wants to get home in time to eat ice cream and light sparklers before bedtime.

This week, on the anniversary of our nation's independence, let's put aside negative rhetoric that threatens patriotism. Let's celebrate the revolutionaries who risked life and limb for freedom. Let's remember the founders who created a new concept of government by the people. And let's tap into the nostalgia of July 4th to remind us that our American way of life is truly exceptional.

*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."*

Energy Savings Tip:

Seal Your Home - Sealing your home "envelope" — the outer walls, ceiling, windows and floors—can help increase the energy efficiency of your home. This includes adding insulation, especially to the attic; sealing air leaks to stop drafts and get full performance from your insulation; and, choosing ENERGY STAR qualified windows when replacing old windows. Effective air sealing, combined with the right amount of insulation, can save up to 10 percent on energy bills. Energy used in our homes often comes from the burning of fossil fuels at power plants, so sealing your home helps protect the environment. Learn more about home sealing. Seal Your Ducts - When you upgrade to energy-efficient cooling equipment, be sure to properly insulate and seal the ducts that deliver your system's cooled air. Eliminating leaks increases your system's efficiency and can save you 10 percent on energy costs each year.



NCBC Helping Hands

AUDUBON MISSISSIPPI COASTAL BIRD STEWARDSHIP PROGRAM

Volunteers are needed to serve as bird stewards July 3 – 4 at beach-nesting bird sites along the Mississippi Gulf Coast in Pass Christian, Long Beach, Gulfport, and Biloxi. Volunteers are asked to commit two - four hours per shift on weekends. No experience is necessary. Training will be provided. Register online and view full list of sites at <http://goo.gl/aLGOOP>.

VETERAN ASSISTANCE IN GULFPORT

A disabled Veteran is asking for assistance with porch repairs. If you can help with this project, please contact Jennifer Frye at 205-765-7106.

BUILD A HANDICAP RAMP FOR A VETERAN

A Veteran in Biloxi is needs a handicap ramp built. If you can help with the build, please contact Susan Smith, Fleet and Family Support Center at 228-871-3640.

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, nauti-

cally 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.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handy-men/women. 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.



GULF COAST USO

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

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

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

Upcoming USO Events:

~ Poker Night, July 2, 6:30 p.m., USO Gulf Coast inside the Gulfport/Biloxi International Airport.

~ Yoga on the Beach, July 10, 7 a.m., on the beach next to Jones Park. This is a family friendly event and children are welcome to attend.

***All events are for Active Duty, Guard, Reservists and their family members. Snacks and beverages will be provided at all events.

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

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

JULY 3-9

Fitness

Join us at the Commissary's Health and Wellness Fair on Thursday, July 2nd from 3:30-5:30 p.m.!

Water Aerobics will be offered Monday- Friday beginning on July 7th

You can still sign up for Swim Lessons are on-stop by the Aquatics office for more info. Call 228-871-2668 for details!



July 4- 7 p.m., Annual Gulfport 4th of July Fireworks

July 5- 11:30 a.m., 67th Annual Deep Sea Fishing Rodeo, \$5

July 7- 6 p.m., Tournament Tuesday- Hot Dog Eating Contest, 1st place prize!

July 8- 6 p.m. Shark Trivia Contest! Discovery's Shark Week televised, 1st place prize!

July 9- 6:30 p.m. Free Movie Thursday at Seabee Cinema, Pick up coupon at Liberty

Navy Outdoor Recreation

Stop in during the month of July for a Stand-Up Paddle Board special! ONLY \$10 includes board, paddle and safety gear. Deposit fees apply, supplies are limited.

Call 228-871-2127 during normal operational hours for details!

ITT

Summer is here and ITT has your Gulf Islands Water Park ticket for the cool price of just \$21 each!

Looking for Biloxi Shuckers tickets- we've got those as well as discounted vacation packages.

Call 228-871-2231 or stop in for details

Beehive



July 2, 2015

Seabee Cinema at the Training Hall



Thursday July 2	Friday July 3	Saturday July 4	Sunday July 5
6:30 pm Poltergeist 3D (PG-13)	6 pm Spy (R) 8:30 pm Entourage (R)	CLOSED FOR HOLIDAY HAVE A FUN & SAFE FOURTH!	2 pm San Andreas 3D (PG-13) \$1 SHOWING 4:40 pm Tomorrowland (PG)

24 Hour Movie Hotline 228-871-3299

Bldg 446, Marvin Shields Blvd.

Seabee Courier

CENTER NOTES

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 gosc.gulfport@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 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 nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. 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, HM3 Aterberry, 228-341-1412 or Vice President, BUCN Miller at 228-343-7545 for info.

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 attend. Call 228-832-0017 for info.

NMCB 62 Alumni Group Naval Mobile Construction Battalion (NMCB) 62 was re-commissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62alumni.org>.

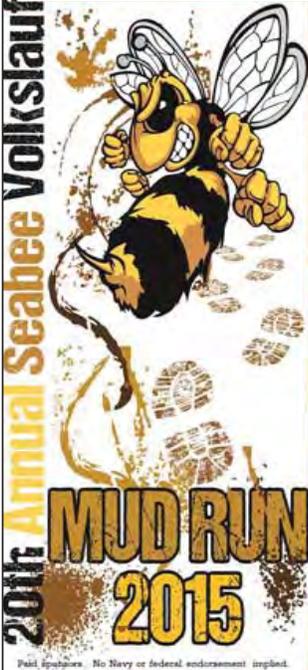
D.A.V. - Disabled American Veterans, Chapter 5 invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

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. Contact the museum at www.seabee-museumstore.org or call the gift store at 228-871-4779.



2016 Annual Seabee Volkslauf

MUD RUN 2015

PAID Sponsors. No Navy or Federal endorsement implied.

SATURDAY SEPT 19TH
@ 7 am
Family Fun Run @ 9 am
AT NAVAL CONSTRUCTION BATTALION CENTER GULFPORT, MS
OPEN TO THE PUBLIC
Gates open at 5:30am

REGISTER & INFO ON
<https://register.chronotrack.com/r/13782>
228-871-2669

NAVY FEDERAL Credit Union | USAA | SEA

Improved personal Wi-Fi Service coming to Navy Lodging, MWR Facilities worldwide

By Kristine M. Sturkie
 NEXCOM Public Affairs

Keeping in touch with loved ones is about to get much easier. The Navy Exchange Service Command (NEXCOM) and its vendor partner, ViaSat, are upgrading personal telecommunications services for Wi-Fi in Navy Lodges, unaccompanied housing, Navy Gateway Inns & Suites (NGIS) and Navy Morale, Welfare and Recreation (MWR) facilities worldwide.

"By expanding our existing pay-as-you-go Wi-Fi service, we are able to offer a true enterprise solution for our military members and their families," said Mary Morse, Vice President, NEXCOM's Telecommunications Program Office. "Once a person signs up for basic Wi-Fi service, it can be used on Navy bases where Wi-Fi access is made available, such as lodging and MWR facilities, anywhere around the world."

In lodging facilities, including Navy Lodges and NGIS, bandwidth speeds on the basic service plan will increase from 2 Mb/s to 5 Mb/s, with a 3 Mb/s guaranteed minimum speed. Users will be able to stream videos and Skype to loved ones back home, quicker and easier. The basic service plan in lodging facilities will be complimentary. However, users can pay to upgrade their service to include additional bandwidth up to 30 Mb/s.

"Previously, users couldn't purchase additional bandwidth, which is needed if they want to watch movies or play games while staying in a Navy lodging facility," said Morse. "This is especially important for those military and family members who may be staying for extended periods of time."

A new feature, Voice Over Internet Protocol (VoIP), will allow guests free in-room phone calls to and from the United States while staying at NGIS or Navy Lodges. Previously, guests paid for all in-room calls. Guests will also be able to roam seamlessly between rooms within the same building without being disconnected.

For military members residing in unaccompanied housing, the cost for Wi-Fi service remains the same, but the bandwidth has been greatly expanded. Now, users will get 30 Mb/s per month for the same price they are currently paying for 6 Mb/s.

Most Navy locations will receive these new services by the end of 2015, except for Naval Station Guantanamo Bay, Cuba, which will receive the new services in early 2016.