

SEABEE COURIER

www.cnic.navy.mil/gulfport

Vol. 55 No. 34

Naval Construction Battalion Center, Gulfport, Mississippi

September 3, 2015



Seabees, assigned to Naval Mobile Construction Battalion (NMCB) 1, Delta Company, replace a tin roof for a steel-worker shop at Camp Mitchell on board Naval Station Rota, Spain, Aug. 28. NMCB 1 recently deployed from its homeport of Gulfport, Miss. 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 Construction Electrician 3rd Class Ryann Meeks/Released)

Center Event

September 11th Flag Retirement and Memorial Ceremony

Parade Field Grinder
Sept. 11, 9:11 a.m.

Presented by the Fiscal Year 2016 CPO Selectees
Everyone is welcome!



NCBC

Commanding Officer

Capt. Cheryl Hansen

Public Affairs Officer

Rob Mims

Courier Staff

Editor

Bonnie L. McGerr

Special Contributors

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BUCN Elizabeth Mills

BUCN Samantha Opyoke

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**September:
Suicide Prevention Month**



Naval Construction Battalion Center (NCBC) Commanding Officer, Capt. Cheryl Hanson, signs the Suicide Prevention Month Proclamation as Lt. Cmdr. Ammie Davis witnesses the signing at the Fleet and Family Support Center (FFSC) Gulfport on board

NCBC, Sept. 1. The proclamation designates September as Suicide Prevention Month and is intended to raise suicide prevention awareness. This year, Suicide Prevention Month will focus on a new message with its Every Sailor, Every Day cam-



paign, "1 Small ACT." The message promotes simple, everyday actions that can ultimately save lives, using Navy's "ACT" (Ask Care Treat) bystander intervention model. (U.S. Navy photos by Builder Constructionman Elizabeth Mills/Released)

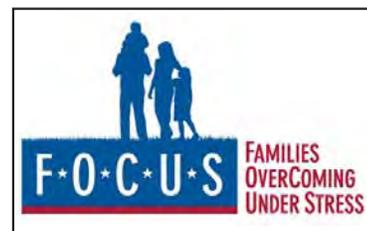
FOCUS: September tip of the month

From Families Over Coming Under Stress (FOCUS)

With children transitioning back to their school schedules, family summer routines will have to change again. Thinking about ways that will ease this transition as school begins is a great way to make this change go smoothly. Having dinner routines at the same time throughout the school year is a nice start. Establishing good bed time routines for children can also enhance the transition to school time schedules. Come to FOCUS to learn new skills for maintaining structure and routines that will help your family thrive!

FOCUS is a resiliency-building program of the Navy Bureau of Medicine and Sur-

gery (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/FOCUSresiliencytraining.

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.

Buzz on the Street



By BUCN Samantha Opeyoke
NCBC Public Affairs

“How are you preparing for the advancement exam?”



“I prepare by studying the Equipment Operator Basic and Advanced study material.”

EO2 Darla Welker
NCBC
Hometown: Pasadena, MD.



“I study for an hour a day.”

HN Brian Batista
NBHC Gulfport
Hometown: Sicklerville, N.J.



“I do quizzes on Navy Knowledge Online to help better prepare me for the E-6 exam.”

EO2(SCW) Ashley Marks
NCBC
Hometown: Munford, Tenn.



Postal Operations Advisor Mario Gomez organizes incoming mail at the Post Office on board NCBC Gulfport, Aug. 28. The post office receives and distributes all official mail and is open from 7 a.m. to 3:30 pm Monday through Friday with the USPS distributor operating from 8:30 a.m. to 3 p.m. Monday through Friday and 9 a.m. to 1 p.m. on Saturdays. (U.S. Navy photo by Builder Constructionman Samantha Opeyoke/Released)



Bri Nail, right, and Meagan Davis, Navy Gateway Inn and Suites Front Desk Associates, enter guest information in the property management system, on board NCBC Gulfport, Aug. 31. NGIS earned the Admiral Elmo R. Zumwalt Award for superior lodging operations in 2015. For more information about NGIS or to make a reservation, call 228-871-2505. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)



FOCUS, Families Overcoming under Stress, team members welcome everyone to their open house on board NCBC Gulfport, Aug. 27. The open house gave guests the opportunity to tour the FOCUS facility, ask questions and enjoy a snack. FOCUS is located at 304 John Paul Jones, Room 405, next to Anchors and Eagles. (U.S. Navy photo by Builder Constructionman Elizabeth Mills/Released)

Commander, Navy Region Southeast signs Suicide Prevention month proclamation

By MC1(SW/AW/EXW) Stacy D. Laseter
Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, signed a suicide prevention awareness proclamation at the region headquarters on board Naval Air Station Jacksonville, Aug. 25.

The proclamation recognizes September as National Suicide Prevention Awareness Month and is intended to raise suicide prevention awareness throughout the Southeast Region.

"Suicide within our ranks is an issue of vital importance," Jackson said. "Each time we lose shipmates, family members or co-workers to suicide, it is a loss to the Navy and these losses can be prevented. It is our duty to be aware of the warning signs and to be prepared to take action with those in our lives who might be at risk."

According to the American Foundation for Suicide Prevention, one person dies by suicide every 12.95 minutes in the United States. That means more than 40,000 lives are lost to suicide annually in our country. Death by suicide one of the most tragic events a family and a community can experience, and in the United States there is an estimated 1 million attempts each year.

The Navy's 21st Century Sailor and Marine Program Suicide Prevention Office's initiative encourages Sailors, commands, families, and civilian employees to empower themselves by taking personal responsibility for their health, wellness and growth — the important step in building resilience. The Navy's 2015 suicide prevention message "Every Sailor, Every Day: 1 Small ACT" stresses that simple, everyday actions can ultimately save lives, using Navy's bystander intervention model "ACT" (Ask, Care, Treat).

The Navy Suicide Prevention office recently released a toolkit which can assist Navy commands and Sailors in the fight to prevent suicide. It includes ways to encourage peer support, personal well-being and bystander intervention throughout the year.

"In many ways it is all about relationships," Capt. Robert Williams, Navy Region Southeast's suicide prevention coordinator said. "It's about knowing the people around you and being as involved in their lives as



Rear Adm. Mary M. Jackson, surrounded by personnel from Navy Region Southeast Fleet and Family Support department, signs the Suicide Prevention Month Proclamation Aug. 25, on board NAS Jacksonville. The proclamation designates September as Suicide Prevention Month and is intended to raise suicide prevention awareness throughout the Southeast Region. (U.S. Navy photo by Mass Communication Specialist 1st Class Stacy D. Laseter/Released)

you need to be in order to be an effective bystander. It's so you know someone well enough to know if this person is depressed or not acting like he or she normally does, or has a major issue in his or her life, and seeing any warning signs that may arise."

For more information about the Navy's 21st Century Sailor and Marine Program and Suicide Prevention month, visit http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/sp-month/Pages/default.aspx

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



Storm Water Pollution Prevention ... Everybody's Business

Report illicit discharges to NCBC Environmental Office at 228-871-2373



240th Navy Birthday Ball



October 3, 6 - 10 p.m.
Oak Crest Mansion Inn
5267 Menge Ave, Pass Christian, MS 39571

Dinner Choices:
Herb Marinated Pork Tenderloin w/ house made gravy
Pecan crusted baked chicken breast filets
Vegetable Parmesan with zucchini, squash and carrots

Tickets are on sale through Sept. 15

\$35	E3 and Below
\$45	E4-E6, GS5 & Below
\$55	E7 to O3, GS6 to GS 11, Contractors, Civilian Non-DoD
\$65:	O4 & Above, GS 12 & Above

Please see your Command Navy Ball representative for tickets:

NAVO: Dee Dee Holland 8-5382/AG2 Archambault	MIW: AGAN Morgan
NOAC RBC: ENS Schultz	NOOC/CNOC: ET2 Mattingly
NOAT: ENS Gamble	NMOPDC/NCBC Gulfport: YN2 White
FST: AG3 Sharpe	Keesler AFB: AG1 Navarro

Attire:
Service Dress White for O-3 and below, (Dinner Dress with mini-medals/optional)
Dinner Dress White for O-4 and above
Appropriate formal attire for civilian

Please contact Ensign Theresa Schultz at Theresa.schultz@navy.mil for a questions regarding ticket prices or Navy Ball info. Also check <https://www.facebook.com/sscnavyball> or www.sscnavyball.weebly.com for information.

Center celebrates Women's Equality

By BUCN Samantha Opeyoke
NCBC Public Affairs

The Multicultural Diversity Committee hosted a Women's Equality Day ceremony at the Colmer Dining Facility on board Naval Construction Battalion Center (NCBC) Gulfport, Aug. 26.

Women's Equality Day is proclaimed each year by the president to commemorate the granting of the right to vote to women throughout the country Aug. 26, 1920, when the 19th amendment was added to the U.S. Constitution. This was the culmination of a massive civil rights movement that had its formal beginnings in 1848.

Opening remarks were given by Naval Construction Battalion Center (NCBC) Commanding Officer, Capt. Cheryl Hansen, who stated her belief on employment opportunities.

"I shouldn't be judged on my gender, I should be judged on my work ethic and how well I perform my job," said Hansen.

The ceremony included three guest speakers: Retired U.S. Marine Corps Sergeant Major Doris Denton, Retired U.S. Navy Senior Chief Connie Jackson and Retired U.S. Navy Person-



The Multicultural Diversity Committee hosted a Women's Equality Day ceremony at the Colmer Dining Facility on board NCBC Gulfport Aug. 26. Retired U.S. Navy Senior Chief Connie Jackson was one of three guest speakers at the event. After the ceremony and cake cutting, guests were invited to take part in a special meal prepared by Colmer Dining Facility staff. (U.S. Navy Photo by Builder Constructionman Samantha Opeyoke/Released)

nelman 1st Class April Holland. The trio spoke about their service in the military and the impact that serving their country had on them. "Being in the military always showed me the right thing to do," stated Holland in her speech.

Women have been able to serve in the military since 1918. Since then, their training, career paths and expectations have undergone many changes.

"It was good to go back and teach the future women of the Marine Corps

and to see how things have changed for the better," said Denton.

The ceremony concluded with an official cake cutting and was followed by a specially prepared meal. The Multicultural Diversity Committee hosts events throughout the year to raise the awareness and knowledge of people. To join the Diversity Committee, please email the president, Hospital Corpsman 3rd Class Melanie Arteberry, at melanie.simmons@med.navy.mil.



Busy hands turn burlap into a football door hanger at a recent Pinterest Party sponsored by Balfour Beatty Communities on board Naval Construction Battalion Center (NCBC) Gulfport. Photo courtesy of Balfour Beatty Communities/Released)

Change in Seasons calls for a Change in Awareness and Festivities!

By Balfour Beatty Communities

Known for pumpkin pie and crisp nights, Fall is undoubtedly a favorite season among many. With lower temperatures, longer nights and back-to-school season in full swing, a change in season calls for a change in safety awareness. Below are tips to keep our community safe so everyone can enjoy a festive autumn.

Car and School Bus Safety

Colder morning temperatures can create fog and frost for morning drivers. Be sure to add a few extra minutes to your schedule in the morning to ensure all windows are clear before driving. In addition to fog and frost, fall brings with it bright sunsets and longer nights. To combat sun glare, keep a pair of sunglasses in your car. During darker hours, keep a close eye out for pedestrians and be sure to maintain headlights that are not automatic.

Now that the kiddos are back in class, it is important for everyone to familiarize themselves with school bus safety. Teach your children about the 10-foot danger zone around the school bus, where the driver can't see children on the ground. Young children should take eight giant steps away from the bus to be sure the bus driver can see them. Kids who must cross the street should look at the bus driver for an 'OK' sign before crossing and always cross in front of the bus.

Heater Preparation

Rather than wait until the weather requires the use of a heater, now is the perfect time to test your heater to make sure that it is working properly. If you are concerned about the effectiveness of your heating system, please contact Balfour Beatty Communities Maintenance Department directly at 228-284-1637 or by submitting a work order request through the Resident Portal.

Fall Festivities

At NCBC Gulfport we take fall fun seriously. Be on the lookout for upcoming LifeWorks events!

Looking for additional family-friendly fall activities? Give one of these a try...

- ~ Go apple picking and get creative with your findings!
- ~ Collect colorful fall leaves
- ~ Bake a pie
- ~ Go for a hayride or get lost in a corn maze
- ~ Carve a pumpkin
- ~ Try a new craft or hobby

To contact the Balfour Beatty Communities property management team at NCBC Gulfport please call 228-863-0424 or visit www.ncbcgulfporthomes.com. We wish all of our residents a healthy, safe and festive fall.

September 3, 2015

Seabee Courier

Take part in National Preparedness Month by making your emergency communication plan today so everyone knows who to call during a flood or other emergency.







September is National Preparedness Month

<http://www.ready.navy.mil>

Who Will You Call?

Back in time . . .

Seabee history - Vietnam Era



Naval Mobile Construction Battalion (NMCB) 1 Seabees constructing Dai Loc Bridge, Republic of Vietnam, May 1967. The Dai Loc Bridge, located approximately 14 miles south of DaNang, was constructed to provide support to military operations south of the Vu Gia River and link up with the Liberty Bridge and road leading to An Hoa. Previously, access to this area was confined either to one section of hazardous road or to the "old" Dai Loc Bridge, which had low load limits and actually failed soon after the new bridge was completed. (Photo courtesy of U.S. Navy Seabee Museum/Released)

This week in Seabee History

Aug. 30
1967: During a Viet Cong mortar attack on the Phu Bai combat base, the battalion's camp (NMCB 3) was hit by one 105mm howitzer round from friendly artillery. The round impacted in the enlisted berthing area killing CM1 J.W. Wilkinson and YN3 D.C. Coker and wounding 19 people.

Aug. 31
1842: The Bureau of Yards and Docks (now NAVFAC) was established, one of five bureaus set up in the reorganization of the U.S. Navy. The new Bureau received responsibility for the Navy yards, then seven in number.

Sept. 1
1942: Officers and men of the 6th NCB landed on Guadalcanal in the Solomons. These were the first Seabees to land on any enemy held island in World War II, and the first to engage the enemy in combat. The 6th Seabees tackled their most important job: repairing the airstrip then named Henderson Field. It was a never-ending job, for as fast as the builders leveled the strip and put

down Marston matting, the Japanese would send bombers overhead to drop high explosive bombs on the strip. As the fighting around the island increased, the Seabees developed a system of repairing the damaged airstrip in minutes. Many times the Seabees worked furiously to repair the field while crippled U.S. Marine interceptors circled overhead waiting to land. On several occasions the Seabees fought beside the Marines in hand-to-hand combat against the Japanese troops.

Sept. 2
1969: Typhoon Doris severely damaged the Quang Tri Camp of NMCB 74 and various other camps and civilian communities in the Republic of Vietnam. A quirk of fate some might say, because half of the battalion's main body was still at home port in Gulfport, when the Gulf coast was hit by Hurricane Camille on Aug. 19, 1969. After Camille, this half joined the other half already in Vietnam just in time to encounter Typhoon Doris. Thus, nearly half the Seabees of the battalion suffered

through two severe tropical storms within two weeks, each storm on a different side of the world.

Sept. 3
1967: At Dong Ha, five miles south of the DMZ, a combined Viet Cong-NVA rocket attack detonated 20,000 tons of ammunition and 40,000 gallons of aviation fuel near NMCB 11's camp. The explosions rocked the base for eight hours; this represented the largest ammunition disaster in recorded history. Miraculously, no Americans or South Vietnamese were killed.

Sept. 4
1942: 23rd NCB commissioned at Camp Allen, Norfolk, Va. and 24th NCB commissioned at Camp Bradford, Norfolk, Va.

Sept. 5
1969: NMCB 3 advance party deployed to Camp Kinser, Okinawa, via government aircraft.

Sept. 6
1968: NMCB 5 was presented with the "Best of Type" E from Rear Adm. A.C. Husband, CEC, USN, during regimental pass-in-review at CBC, Port Hueneme, Calif.

NMCB 1 Camp Mitchell



Engineering Aide 3rd Class Marrison Cochennic, assigned to Naval Mobile Construction Battalion (NMCB) 1, conducts an in-lab soil compaction test with a tamping rod at Camp Mitchell on board Naval Station Rota, Spain, Aug. 27. 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 Brannon Deugan/Released)

American Association of Navy Hospital Corpsmen Reunion

The American Association of Navy Hospital Corpsmen™ will be holding their 21st annual reunion in Gulfport and New Orleans, Sept. 23 – 27. The organization was founded in 1994 in Memphis, Tenn., by Retired Senior Chief Hospital Corpsman Joe B. Havens. The association is open to all retired, active and reserve Navy corpsman, dental technicians, nurses, and physicians. For more information, visit: <http://www.AAONHC.org>



See Something Suspicious, Say Something Immediately! Report suspicious activity which is defined as any observed behavior that could indicate terrorism or terrorism-related crime. Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement. Call 228-871-2361 or 911.

NMCB 3 relieves NMCB 5 in Okinawa



OKINAWA, Japan - Seabees from Naval Mobile Construction Battalion (NMCB) 5 and NMCB 3 attach a hose from a water truck to a water pump while testing the equipment for the battalion evaluation equipment program (BEEP) on Camp Shields in Okinawa, Japan. While deployed NMCB 5 was headquartered on Camp Shields in Okinawa, Japan and sent Seabees to work on 41 construction projects in 12 countries. The Seabees built bridges in remote areas and built or renovated 20 schools and four health clinics in Timor Leste, the Philippines, Papua New Guinea, Indonesia and Cambodia. (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)



OKINAWA, Japan - Seabees from Naval Mobile Construction Battalion (NMCB) 5 and NMCB 3 inspect a bull dozier for the battalion evaluation equipment program (BEEP) on Camp Shields in Okinawa, Japan. The BEEP is the formal turnover of all civil engineer support equipment (CESE) between two Seabee battalions when turning over a deployment site. After a seven month deployment, NMCB 5 is turning over all of their missions in the U.S. Pacific Command to NMCB 3. Both battalions are homeported in Port Hueneme, Calif. (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)



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

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



Uniform Update NAVADMIN released

From Chief of Naval Personnel Public Affairs

The Chief of Naval Personnel released a uniform policy update in NAVADMIN 208/15 Sept. 1, providing details of upcoming uniform releases and the end of wear date for some little worn uniform components.

Below are the key uniform NAVADMIN policy changes, which will go into effect Oct. 1:

- New Recruits at Recruit Training Command, Great Lakes, will be issued the double breasted all weather coat. The current single breasted all weather coat will remain optional for wear until Oct. 1, 2020, when the double breasted coat becomes mandatory. Enlisted clothing replacement allowances will be adjusted to cover the cost of this uniform change by the mandatory wear date.
- The sea bag requirement for the Navy Working Uniform (NWU) Type 1 will be three sets of uniforms instead of four. Enlisted clothing replacement allowances will be adjusted to support the three sets with a replacement cycle of one set every twenty-four months.
- A new optional black cold weather parka (CWP) will be authorized for wear. The parka is estimated to be available for purchase in November at Navy

Uniform Stores at Norfolk Naval Base and Joint Base Myer - Henderson Hall, Ft. Myer, Virginia, Newport, Rhode Island and the Navy Exchange Uniform Support Call Center. The CWP is made of a water proof and wind resistant fabric. Features of the CWP include a hidden hood, center-chest rank tab and ability to support the zip-in zip-out NWU Type 1 fleece liner for additional cold weather protection. It will be authorized for wear with service and service dress uniforms and with civilian clothing when the rank tab is removed.

- Based on the wear of the flame resistant cover-all (FRV) at sea and the NWU type 1 ashore as the standard daily working uniform, the Navy Blue Coverall will be discontinued as a Navy uniform and redesignated as a dirty work component only. Sailors will wear only the name tape on the coveralls. This policy decision is based on the required wear of the flame resistant coverall at sea and the NWU1 ashore as the standard daily working uniforms. Two sets of coveralls will continue to be issued and maintained in the sea bag for all enlisted Sailors.

- Unit commanding officers at sea or regional commanders will be able to grant permission to wear the Navy Black Knit Watch Cap for Sailors during cold weather conditions. The watch cap can

be worn with service dress and service uniforms, except service dress white and summer white uniforms when worn with appropriate outer wear (specifically, NWU and CWP, all weather coat, reefer, pea coat and bridge coat). The cap cannot be worn with the Eisenhower jacket as it is not considered cold weather outer wear.

Additionally, effective immediately, flag officers may now wear a command-at-sea or a command ashore/project manager insignia pin they previously earned. This change recognizes the importance and commitment the Navy places on command. Flag officers shall wear the pin in the post command position, and only one pin can be worn.

Some uniforms components are being discontinued, due to their infrequent wear and use by Sailors. The uniform items that will no longer be authorized for wear beginning Oct. 1, 2016, include the male officer and chief petty officer (CPO) boat cloak; the women's dress cape for officers and CPOs, tiara and beret; for men and women -- the khaki windbreaker for officers and CPO and overshoes.

For more information, please view NAVADMIN 208/15, posted on the NPC Web site at www.npc.navy.mil.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

What remains to be seen

What happens when you put two parents, three kids, one overactive puppy, and several marauding mice in a remote cabin in Maine, with no Internet, no phone service and no cable television during the last week of summer vacation?

The answer to that question depends on who you ask.

Despite the fact that he is an arrogantly opinionated college kid who loves nothing more than debating the palatability of dorm food or the effect of computerization on the global economy with his roommates, our 20-year-old son Hayden would give the same response he has given to our parental questions for the last five years: "Good."

Ask Anna, our 17-year-old, who relentlessly milks her victimhood as the middle child, and she would claim that our end-of-summer vacation in Maine was like teetering on the precipice of Hell.

Our 15-year-old Lilly would gladly answer the question with a sincere response based on her genuine observations and honest opinions, but not until she is done responding to the 537 texts and social media posts that she missed

while we were off the grid.

Ask our seven-month-old Yellow Labrador Retriever Moby, and in dog language he would communicate, "I loved it! I love you! I love my family! I love the cabin, the trees, the birds, the bugs, the sticks, the lake, the canoe, the lodge, the fire pit, the dirt ... " Moby would blather on and on ad nauseam, until someone throws a ball or shakes the dog food bag to distract him.

Ask my husband while we are stuck in two hours of Boston traffic on our way home, and he would snap impatiently at the kids to knock off the racket, complain that his scintilla is killing him, and shout in a "hangry" rage, "For the love of God could someone please get me a flipping snack from the cooler before I starve to death here?!"

However, if you ask my otherwise pragmatic, rational, career Navy husband after we are back in our base house on Naval Station Newport with the car unpacked and three pizza slices in his stomach, he would offer a simple answer uncluttered with over-analysis and untainted with emotion

(although possibly intended to shut me up): "It was a perfect vacation, Dear."

But what about my opinion? Was our family's week in the woods a success? Did we accomplish what we set out to do?

Did we pluck ourselves from the suffocating tidal wave of modern technology and rapidly changing cultural norms long enough to breathe in the fortifying strength of familial bonds and renew our uniquely human ties with the natural world?

Heck if I know.

I guess, I have to accept that it may take years before hindsight will bring the answers to all my parenting questions into focus. In the meantime, I'll stop trying to draw conclusions and concentrate on making good memories.

Like everyone eating a late breakfast of hot buttered pancakes with peach slices, pecans and Maine maple syrup. Like teaching Moby to swim. Like seeing my computer scientist son paddle around in a kayak. Like hiking Acadia trails in the rain. Like taking the kids out in a canoe to watch the sun go down over the lake. Like hearing our girls giggling up in the



cabin loft after carving "I have lice" into the ceiling over their bunks. Like sipping a local pale ale in an Adirondack chair around a roaring fire. Like beating my husband at Othello. Like being so bored on the fourth night in the cabin that, after watching our two-hour and 30-minute "Dog Day Afternoon" DVD, we watched it all over again with the director's commentary.

Like falling asleep to the scratching of mice and the call of the loons.

*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."*

Health Watch

How to access your TRICARE coverage during a natural disaster

From Naval Branch Health Clinic Gulfport

There is no way to predict when a natural disaster may strike or what form it may take (e.g., hurricane, fire, tornado, flood). This fact sheet summarizes how to use TRICARE coverage during a natural disaster, and who to contact for assistance or answers to questions.

Important things to remember

- ~ Be sure to have your uniformed services identification (ID) card or Common Access Card (CAC) and TRICARE enrollment card (if you have one).

- ~ Take any current medications or prescriptions when relocating to a new area.

- ~ For enrollees in a TRICARE Prime option, if care is received in a new area or from a provider who is not your primary care manager (PCM), keep any receipts and file claims within one year. Anticipate Special Needs

Extra help may be needed during an emergency for people with disabilities or special needs. Find out if your community offers special assistance programs, and register with local emergency services agencies or fire departments to ensure help is available when necessary.

Know Who to Contact for Help

For information and TRICARE updates throughout an emergency, visit www.tricare.mil or your regional contractor's Web site, or call your regional contractor.

TRICARE Coverage

Emergency Care: In an emergency, call 911 or go to the nearest emergency room. If enrolled in TRICARE Prime, TRICARE Prime Remote (TPR), or TRICARE

See TRICARE page 9

Energy Savings Tip: Reduce, reuse, recycle - Reduce the amount of waste you produce by buying minimally packaged goods, choosing reusable products over disposable ones, and recycling. For every pound of waste you eliminate or recycle, you save energy and reduce emissions of CO2 by at least 1 pound. Cutting down your garbage by half of one large trash bag per week saves at least 1100 pounds of CO2 per year. Making products with recycled materials, instead of from scratch with raw materials, uses 30 to 55 percent less for paper products, 33 percent less for glass, and a whopping 90 percent less for aluminum.



Focus on Education

Education Notes

Navy-wide Advancement Exams

Advancement exams will take place as follows at Building 433 (Tactical Training Facility): Sept. 10 (E5), Sept. 17 (E4). Doors open at 6:30 a.m. Be in the Uniform of the Day and bring valid CAC.

Command Financial Specialist (CFS)

A CFS training and refresher course for E-6 and above is scheduled for Oct. 13 - 16, 8 a.m. to 4 p.m. at Fleet and Family Support Center (FFSC) Gulfport. Contact the FFSC at 228-871-3000 to register.

Armed Services Vocational Aptitude Battery (ASVAB)

ASVAB testing in the Gulfport Region for 2015 will take place Nov. 17. The Educational Services Office (ESO) can take up to eight personnel each test cycle. Members need to be in the uniform of the day and at PSD by 7 a.m. the day of the exam. When personnel sign up, they must have proof of further education and approved request chit. Deadline to submit required paperwork is Nov. 10. Refer to MILPERSMAN 1 236-010 for justification to retake the ASVAB.

National Fire Prevention Week

From NCBC Fire and Emergency Services

On Oct. 8, 1871, 300 people lost their lives and over 100,000 were left homeless due to the infamous "Great Chicago Fire." The first National Fire Prevention Week was in 1925, and has been a valuable tradition to educate the public for fire prevention practices. The NFPW 2015 theme is "Here the Beep, Where You Sleep. Every Bedroom Needs A Working Smoke Alarm."

Fire Prevention Week is Oct. 5-9 and there will be training events during this week and throughout the month. Please keep an eye out for the schedule of events. Everyone is invited to stop by the locations when they are posted and take advantage of some great training information!

Military Spouse Career Fair

Sept. 10, 10 a.m. - 1 p.m.

Fleet and Family Support Center (FFSC)
Building 30

Employers will be present to discuss LOCAL job opportunities

Call FFSC at 228-871-3000 for details.



NCBC Gulfport

School Liaison

Officer Kevin Byrd

MWR, Building 352,
1706 Bainbridge Ave.

Phone: 228-871-

2117

email: kevin.r.byrd@

navy.mil

From **TRICARE** page 8

Prime Remote for Active Duty Family Members (TPRADFM), notify your PCM or regional contractor within 24 hours (or as soon as possible) after receiving emergency care.

Emergency Prescription Refills: While emergency refill procedures are in effect during a disaster in your area, you can take your prescription bottle to any TRICARE retail network pharmacy. Contact Express Scripts, Inc. (Express Scripts) or search the network pharmacy locator at www.express-scripts.com/TRICARE to find a network pharmacy near you. Show your uniformed services ID card and, if you have any difficulties getting your prescriptions filled, contact Express Scripts. See the For Information and Assistance section of this fact sheet for contact information.

TRICARE Prime®, TPR, and TPRADFM

Contact your regional contractor if you cannot reach your PCM or need assistance coordinating care. TRICARE may temporarily waive referral and authorization requirements for care during a crisis to make accessing care as easy as possible. This allows TRICARE beneficiaries in affected areas to receive care without referrals or authorizations (except mental health care) and without paying higher costs associated with the point-of-service option.

PCM and Enrollment Changes: If remaining in your new location for an extended period (60 days or more), consider transferring enrollment to a new PCM. Active duty service members

(ADSMs) and their families can change enrollment to a new region as often as needed. Other TRICARE Prime beneficiaries can change twice during an enrollment year. Non-ADSMs may also disenroll from TRICARE Prime and use TRICARE Standard and TRICARE Extra.

If your PCM is no longer available after the disaster, complete and submit a TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form (DD Form 2876) to your regional contractor. Visit <https://www.dmdc.osd.mil/appj/bwe> and use a valid CAC, Defense Finance and Accounting Service (DFAS) myPay login ID and password, or Department of Defense Self-Service Logon (DS Logon) to access the Beneficiary Web Enrollment Web site.

Note: Separating service members and family members will be allowed to obtain a DS Logon for 6 months after separation while they are no longer affiliated with the DoD. This is open to those who no longer have DoD benefits and will allow extended access to BWE and milConnect after separation. It does not affect retirees as they retain ability to obtain a DS Logon forever.

Finding a Provider Away from Home: To find a TRICARE network provider in a new area after a disaster, go to www.tricare.mil/findaprovider for military hospital and clinic contact information and links to regional contractors' provider directories. If a TRICARE network provider is not available in your new area contact the regional contractor for

the area where you are located. See the For Information and Assistance section of this fact sheet for regional contractor contact information.

TRICARE Standard® and TRICARE Extra, TRICARE Reserve Select®, TRICARE Retired Reserve®, and TRICARE For Life

Your health care remains the same if you use any of these TRICARE programs and are forced to leave home during a natural disaster. With TRICARE Standard and TRICARE Extra, TRICARE Reserve Select, or TRICARE Retired Reserve, you may see any TRICARE-authorized provider (network or non-network), but there are lower out-of-pocket costs when choosing a TRICARE network provider. If you pay monthly premiums and you move to a new region for more than 60 days, please update your payment information with the regional contractor. With TRICARE For Life (TFL), you may see any TRICARE-authorized provider, but you will have lower out-of-pocket costs if you see a Medicare-participating provider. For details, visit your regional contractor's Web site or the www.TRICARE4u.com.

TRICARE Young Adult - Young adults who have purchased coverage under the TRICARE Young Adult (TYA) program follow the rules (including costs and provider choices) of the plan in which they are enrolled—either TYA Prime or TYA Standard.



NCBC Helping Hands

CASA – Volunteers are needed to help Court Appointed Special Advocates for Children (CASA) unload an 18-wheeler Sept. 11 in preparation for a fund-raising garage sale. Volunteers are also needed to assist at CASA's Annual Superhero Run, Oct. 24 at 8 a.m., at Tradition which is located at 12500 Village Avenue East in Biloxi. Point of contact is Rhonda Collins, 228-865-7078 or Signey@casaharrisoncounty.org.

GULF COAST WILDLIFE REHAB – Gulf Coast Wildlife Rehab is asking for volunteers to work a concession stand at MGM Park in Biloxi, during Biloxi Shuckers baseball games Sept. 3 – 7. Volunteers will receive free admission to the game that they are volunteering at, as well as refreshments. Volunteers must wear khaki shorts, a business-casual shirt and closed-toe shoes. Point of contact for more information is Joel Stiles, 228-623-2034.

ADOPT A GRANDPARENT DAY – Volunteers are need to participate in Adopt a Grandparent Day 2015 event Sept. 12, from 10 – 11 a.m. or 3 – 4 p.m. at nursing homes across Harrison, Hancock and Jackson counties. For more information, contact Kate Lawler at kate@marstonrogers.com or call 228-832-9313. Sign up at www.marstonrogers.com/events.

CRUISIN' THE COAST - Be a part of "America's Largest Block Party" Oct. 5-11 when thousands of classic, antique and hot rod vehicles arrive in South Mississippi for Cruisin' The Coast. Dozens of volunteers are needed in Gulfport at Centennial Plaza to assist Host Car Club volunteers with directing traffic, parking

vehicles, hospitality and being an ambassador of good will, fun and South Mississippi. Cruisin' The Coast will provide reserved parking for volunteers, a "Staff" t-shirt, lunch for the first shift and all the fun and fabulous vehicles you can handle. This is a unique opportunity to be a part of one of the largest collector car events in the nation. For more information, contact Craig at 228-385-3847. Cruisin' The Coast is a non-profit organization.

NATIVITY SCHOOL BILOXI - Volunteers are needed to assist Nativity School in preparing and holding their school carnival Oct. 16-18. Duties include: setup, working booths, serving food, moving equipment, after event tear down. Point of contact is Christina Lapasinski, 228-872-3484.

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.

New to military family housing? Did you know that OPNAVINST 11320.23G requires housing residents to attend a Fire Safety brief within 30 days of moving into base housing? Briefs, which last no more than an hour, are held at the NCBC Fire Department on the first and third Wednesday of the month at 3:30 p.m. If you have not attended a brief yet, plan to do so. If you are unable to attend, call the Fire Chief, 228-871-3117 to discuss your situation.

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

Weekdays

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

Thursday

5 p.m. - Holy Hour

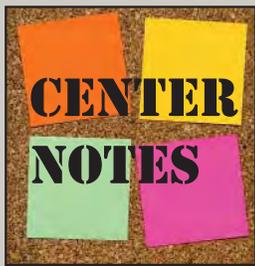
6 p.m. - Mass

6:30 p.m. - Fellowship

7 p.m. - Bible Study

Please visit the Seabee Memorial Chapel Facebook page for updates: <https://www.facebook.com/ncbc-chapel>, email us at gulfportchapel.fct@navy.mil, or call us at 228-871-2454.

NCBC Center Chaplain: Lt. Cmdr. Ammie Davis



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 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 Presi-

dent 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 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 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 happy to welcome new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil or 228-871-3877. Please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, 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.

September 3, 2015



Feds Feed Families Food Drive

July 7 - Oct. 31

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.

Goal: 10,000 pounds of food.
Collected to date: 9,669 pounds of food.

Almost there NCBC, keep going!

For the latest NCBC info, follow Naval Construction Battalion Center Gulfport on Facebook and Twitter; subscribe to Inside the Gate by sending an email to bonnie.lindley-mc-gerr@navy.mil. Check out the website at: http://www.cnbc.navy.mil/regions/cnrse/installations/nbc_gulfport.html. Anyone with Cable One can also view the Commanders Access Channel on Channel 100.

Weapon's Registration

Navy regulations require that all privately owned weapons brought on board a U.S. Navy installation be registered with Base Security and approved by the Installation Commanding Officer (ICO) BEFORE bringing a weapon on board.

For personnel who request Temporary Storage, personnel MUST declare the weapon upon arriving at any Entry Control Point. Personnel residing in government family quarters may keep their weapons at their quarters, AFTER approval of the ICO. Persons residing in the barracks are required to store their weapons with the Base Security Department.

All weapons owners desiring to bring a privately owned weapon on board must complete a weapons registration form and documentation relating to the Lautenberg Act.

All registrations must be approved by Base Security Forces. Persons found bringing unauthorized weapons on board NCBC will be subject to criminal and administrative penalties to include base debarment and loss of base driving privileges. For further information, refer to NCBCGPTINST 3593.1.

240th United States Marine Corps Birthday Ball Celebration

The USMC Birthday Ball Celebration is scheduled for Nov. 7 at the Golden Nugget Casino, 151 Beach Boulevard, Biloxi, MS 39530. Cocktail hour begins at 5 p.m. and tickets are \$100 each. Purchase tickets and RSVP no later than Nov. 1 (the earlier, the better, for discounted hotel rates). Uniform is: Marines: Blue Dress A or B, Army: Army Blue (Bow tie), Navy: Dinner Dress Blue or Dinner Dress Blue Jacket, Air Force: Mess Dress and Civilian: Black Tie. For more information, please contact 1stSgt Chamberlain (I&I Gulfport) at 4901 3rd Street, Bldg 114, NCBC, 228-871-3104 Office / 901-361-2293 cell or jeffrey.chamberlain@usmc.mil.



Seabee Courier