

SEABEE COURIER

www.cnic.navy.mil/gulfport

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Naval Construction Battalion Center, Gulfport, Mississippi

June 13, 2013

Seabees host Area 3 Special Olympic Games



More than 85 athletes and 200 military and civilian volunteers came together outside the Fitness Center as NCBC Gulfport hosted the 2013 Area 3 Special Olympics, June 8. The day of competition began with a ceremonial athlete parade and torch placing, followed by nine events in four sports: softball, soccer, croquet and horse-shoes, and ended with an awards ceremony. In all, the games were a great success for the athletes and rewarding experience for the many volunteers. Thank you to all who participated, and congratulations to all the athletes. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

More Special Olympics photos on page 4 and Facebook

You're invited ...



Naval Mobile Construction Battalion (NMCB) 11 will hold a change of command ceremony June 21, at 8:30 a.m. on the Parade Field Grinder. Cmdr. Lore Aguayo, commanding officer of NMCB 11, will be relieved by Cmdr. Steven J.

Stasick who is currently the Public Works Officer of Commander Fleet Activities, Yokosuka, Japan. Cmdr. Aguayo will become the Operations Officer of Naval Facilities Engineering Command, Southeast in Jacksonville, Fla.

Scrubbing for Relief



The annual Bee Wash to benefit the 2013 Navy Marine Corps Relief Society Active Duty Fund Drive took place on the grinder on board Naval Construction Battalion Center (NCBC) Gulfport, June 5. The official Bee Wash Team included Capt. Rick Burgess, commanding officer, NCBC Gulfport, Cmdr. Scott Anderson, commanding officer, Naval Construction Training Center (NCTC) Gulfport, Chaplain Paul Smith, command chaplain, NCBC, Chief Boatswain's Mate Stan Weaver, leading chief petty officer, NCBC Master-at-Arms department and Chief Construction Mechanic Jeff Malia, assigned to Naval Mobile Construction Battalion (NMCB) 133, Alfa Company. In total, \$1,629 was raised for the Bee Wash, with all donations going to the NMCRS fund drive. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

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June 13, 2013

Seabee Courier

Celebrate Flag Day June 14

From U.S. Flag.org

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as "Flag Birthday." In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as "Flag Birthday," or "Flag Day."

On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14. Leach went on to recommend that thereafter the day be known as Flag Day, and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on May 8, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the

action of the Pennsylvania Society of Colonial Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the governor of New York directed that June 14, the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises. On June 14, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln and Washington Parks, with more than 300,000 children participating.

Adults, too, participated in patriotic programs. Franklin K. Lane, Secretary of the Interior, delivered a 1914 Flag Day address in which he repeated words he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself."

Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on May 30, 1916.

While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until Aug. 3, 1949, that President Truman signed an Act of Congress designating June 14 of each year as National Flag Day.

Sexual Assault Victim Advocate Training

Are you the person that wants to help someone in need? Have you ever known someone that has been the victim of trauma resulting from sexual assault and did not know how to help? Become a SAPR Victim Advocate and learn to help your fellow Seabee or Sailor that needs support in a time of need. To register for the class contact your Sexual Assault Response Coordinator Michael Jordy at 228-871-3715 or at Michael.jordy@navy.mil. The class will be held June 17 - 21, 8 a.m. - 4:30 p.m., in building 60, room 105.



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, E-mail: CNRSE_HOTLINE@navy.mil.

Due to the Government Furlough the NCBC Commissary will close on Mondays and Tuesdays in July



Updated List of Area Off-Limit Locations

The following establishments have been declared "Off Limits" to all Armed Forces personnel by the Armed Forces Disciplinary Control Board as of Sept. 10, 2012

Biloxi:
 YaYa's
 2751 Pass Road

Gulfport:
Herbal Alternatives
 1909 East Pass Road

Herbal Alternatives
 11530 Highway 49

BJ's Bar (Club 228)
 17920 16th Street
Sinsations Night Club
 1809 30th Ave.

Nick's Place
 12460 Highway 49

Pascagoula:
Bunksmall Apartments
 708 South Pascagoula St.

Service members are ordered not to enter or patronize these off-limit establishments of their locations. This does not apply to Armed Forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

Buzz on the Street

By CECN(SCW) Lucinda Moise
NCBC Public Affairs

"What is your number 1 hurricane preparedness tip?"



"Buy a can of fix-a-flat and a plug kit, in case you get a flat tire and need to evacuate."

Ben Taran
NEX Autoport
Hometown: Saucier, Miss.



"Get all your personal documents, spare cash and food together and ready to go."

CS2 (SW/AW) Victoria O'Rourke
NCBC
Hometown: Rosebud, S.D.



"If staying in town, have a generator handy."

Marvin D. Foster
PSD
Hometown: Cleveland, Ohio



Navy Weather Special Warfare Support Technicians and Air Force Special Operations Weather Technicians learn to determine soil type by feel and texture during a Riverine Analysis Forecasting Course (RAFC) at the Naval Meteorology and Oceanography Professional Development Center (NMOPDC) on board NCBC Gulfport, June 6. The service members will use the knowledge gained through the course to support special operations in a wartime environment. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Twenty people participated in the Memorial Day Murph, a crossfit workout challenge done in honor of Navy Lieutenant Michael P. Murphy, of Patchogue, N.Y., who was killed in Afghanistan June 28, 2005. The challenge consists of a 1 mile run, 100 pull-ups, 200 push-ups, 300 squats and finishes with another 1 mile run. The top male was Jon Childers, with a time was 30:28, while the top female was Leah Benoit with a time of 31:48. This year's Murph was a great event. Everyone teamed up to push every competitor to their max and not let anyone give up. (U.S. Navy photo courtesy of MWR/Released)



Reserve Aerographer's Mate "C" school students observe and analyze weather service charts and vertical soundings of the atmosphere at the Naval Meteorology and Oceanography Professional Development Center (NMOPDC) on board NCBC Gulfport, June 6. Upon completion of the school, the students will earn the Analyst-Forecaster Navy Enlisted Classification (NEC AG-7412) and be qualified to develop and issue warnings of severe and hazardous conditions as weather forecasters, and conduct environmental briefings/debriefings for combat and training operations. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

Special Olympians enjoy their day of competition



The 2013 Area 3 Special Olympics was held on board Naval Construction Battalion (NCBC) Gulfport June 8. More than 85 athletes and 200 military and civilian volunteers came together as the athletes competed in nine events in four sports: softball, soccer, croquet and horseshoes. One of the day's highlights was the opening ceremony which included an athlete carrying the torch and

leading a procession of fellow athletes onto the competition field followed by a welcome by NCBC Commanding Officer, Capt. Rick Burgess. After a full morning of activity, the athletes were awarded their ribbons and a pizza party lunch. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber and Utilitiesman Constructionman Alicia Fluty/Released)

SAPR CORNER

Confidentiality with Chaplains: Sailors hold the key



By Christianne M. Witten
Chief of Chaplains Public Affairs

In a recent poll on Navy Personnel Command's website, 63 percent of 5,049 respondents did not believe that what they say to a chaplain is confidential, and 65 percent of 2,895 respondents believe that Navy chaplains are required to report certain matters to the command.

In light of these results and other anecdotal evidence, Chief of Chaplains Rear Adm. Mark L. Tidd saw an opportunity to roll out an official campaign to help educate service members, leadership and families across the Navy and Marine Corps on SECNAV Instruction 1730.9: Confidential Communications to Chaplains.

This policy was established on Feb. 7, 2008 to protect the sacred trust between an individual and a chaplain.

Per Navy policy, service members and families have the right and privilege to confidential communication with a Navy chaplain; Chaplains have the obligation and responsibility to protect and guard the confidential communications disclosed to them; and commanders honor and support the unique, confidential relationship between an individual and a chaplain.

Chaplains cannot be compelled by the command, medical professionals or others to disclose what a service member or family member shares in confidence.

"What you say to us stays between us, unless you decide differently- You hold the key," said Tidd. "That being said, chaplains will always assist in guiding an individual to the appropriate resources and will not leave an individual alone when the individual or others are at risk," Tidd added.

Chaplains serve as advocates to help individuals get the support needed to overcome the challenges they face before matters escalate. "This unique relationship between an individual and a chaplain can serve as a valuable safety valve to the commander to facilitate increased morale and mission readiness," said Tidd.

Given the continuing stigma service members associate with seeking help, chaplains offer Sailors, Marines and their families a safe place to talk, without fear or judgment.

"Confidentiality can be particularly important when a Sailor or Marine may feel they have nowhere to turn during a personal crisis, or if they're concerned about command involvement or an impact on their career," said Tidd.

In addition to a Message to the Fleet on confidentiality, the Chaplain Corps has established a resource page devoted to confidentiality on its website: www.chaplain.navy.mil. This page includes frequently asked questions, a fact sheet, a flyer, as well as a link to the policy.

"The Chaplain Corps is committed to caring for all with dignity, respect and compassion, regardless of an individual's beliefs, if any. One of the ways we do this is through confidentiality," Tidd said.

Contact your command chaplain today! Don't know who your chaplain is? Contact Navy 311 for support in your area: 1-855-NAVY-311 or text to: Navy311@navy.mil. Visit: www.chaplain.navy.mil to learn more about Navy chaplains and confidentiality and to review the complete SECNAV Instruction 1730.9 on confidential communications to chaplains.

**NCBC
Gulfport
ALL HANDS
Sexual
Assault and
Prevention
(SAPR)
Stand-down
June 14
8 a.m.
Training Hall
Attendance is
MANDATORY**

medical care, counseling legal services, safety interventions such as a Military Protective Order (MPO), separation from offender, Expedited Transfer, etc. To access an unrestricted report, the victim may report to his/her chain of command, Security/law enforcement, NCIS, SAPR VA, SARC, and his/her commanding officer shall begin an investigation of the sexual assault.

Restricted reporting allows a victim to have a confidential report of sexual assault, which does not trigger either command nor law enforcement notification and the victim may have a SAPR victim advocate and seek medical care and/or counseling.

To access restricted reporting, the victim may disclose his/her sexual assault only to the SARC, a current SAPR victim advocate, a Health Care Provider and/or a Chaplain.

To contact the Naval Construction Battalion Center (NCBC) 24/7 Victim Advocate, please call 228-596-0697. To contact the SARC, please call 228-871-3715 or SARC cell 228-323-4717. To contact the alternate SARC at NAS JRB New Orleans, please call 504-762-0224.

From the Sexual Assault Response Coordinator:

If you are a victim of abuse, you are not alone and you have the right to be safe! You are not responsible for violent behavior and no one deserves to be beaten or threatened. Call the Family Advocacy Office at 228-871-3000 for more information. If you are a victim of sexual assault, IT IS NOT YOUR FAULT!!! Help for victims of sexual assault in the DoD community is only a call, click or text away 24/7/365: The SafeHelpline provides live, one-on-one crisis support and information worldwide by specially trained staff. CALL: 877-995-5247; CLICK: www.SafeHelpline.org; or TEXT: 55-247 CONUS; 202-470-5546 OCONUS (may be additional charges for OCONUS).

The Sexual Assault Prevention and Response (SAPR) Program provides prevention, intervention and a 24/7/365 response to adult victims of sexual assault. Active duty and adult family member sexual assault victims have a choice of reporting options - unrestricted and restricted.

Unrestricted reporting allows a victim to have an advocate, seek

Live 1-on-1 Help Confidential Worldwide 24/7



Local 24/7 Sexual Assault Prevention and Response Program Contact #: (228) 596-0697

Your installation Sexual Assault Response Coordinator's Contact #: (228) 323-4717

Alternate Sexual Assault Response Coordinator's Contact #: (504) 762-0224

Click: www.SafeHelpline.org; Call: 877-995-5247; Text* 55-247 (Inside the U.S.)
Text* 202-470-5546 (Outside the U.S.)

*Text your location for the nearest support resources

Face of Defense: Seabee builder mentors junior Sailor

By MC2 Daniel Garas

Naval Mobile Construction Battalion 15 Public Affairs

CAMP LEATHERNECK, Afghanistan – The military has an instructional manual for almost everything, but Navy Petty Officer 3rd Class Scott Wray knows experience is not in any manual, and that there's no better way to gain it than having a mentor.

Wray is a construction builder assigned to Naval Mobile Construction Battalion 15, but his computer talents have resulted in his assignment to the training department here.

"At first, I thought I was going to helping for a few days," he said. "It turned into a full-time position."

Wray soon found himself permanently assigned to Headquarters Company's training shop managing the Advanced Skills Management program instead of serving in E Company as a builder. But when an opportunity to work on a camp maintenance project presented itself, Wray seized the opportunity.

"I saw it as an opportunity to get some real builder rate training, so I accepted," he said.

For this project, Wray was assigned under the tutelage of Navy Petty Officer 2nd Class Daniel Niles to assist him with a complete door installation, including wall, studs and frame, at the Combat Logistics Regiment 2 compound. Niles is an experienced builder with six years of experience in the Seabees, and even more as a full-time civilian construction worker.

After arriving at the construction site, the two loaded their materials and began to work.

"I prefabricated the door and showed [Wray] how to frame it up, and then we installed it," Niles said. "If you don't do it every day, you are going to have a little bit of a struggle."

Wray appreciated the help he got from Niles. "At first, I was kind of rusty," he said. "It was kind of nice to get back out and build."

Niles mentored Wray through the project and assisted him when necessary. He noted that it wasn't long before Wray regained his form and that he had little trouble for the rest of the project.



Builder 3rd Class Scott Wray, assigned to Naval Mobile Construction Battalion (NMCB) 15 hammers a nail as he works to install a door while performing camp maintenance. NMCB 15 is currently deployed in support of Operation Enduring Freedom and is an expeditionary element of U.S. Naval Forces that support various units worldwide through national force readiness, civil engineering, humanitarian assistance, and building and maintaining infrastructure. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Garas)

As he watched Wray work, Niles said, he was aware that having more experienced Seabees mentoring junior ones on projects like this is important.

"I think it's good to have mentors, because you are saving a lot time by preventing them from running into mistakes that you once made yourself," he explained. "I think there's a lot to learn from it."

After completing the project, Wray also noted that having Niles present was essential not only for getting the job done in a timely manner, but also for helping him to exercise his skill set.

"It was definitely nice having [Petty Officer] Niles there," he said. "And with his help, I was able to pick up a few skills."

June 13, 2013

Seabee Courier

See Something Wrong, Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.



To report information by Cell text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone.
2. Receive a response, for example: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

To report information Online:

1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.

Underwater Construction Team (UCT) ONE



UCT 1 is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change.

Contact UCT CCC/Diver recruiting team at 757-462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; SW1 Dohse at ryan.dohse@navy.mil or visit www.facebook.com/seabee.diver for information.

Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.



OKINAWA, Japan - Cmdr. Cameron Geertsema walks through the side boys as the new Commanding Officer of Naval Mobile Construction Battalion (NMCB) 5 at the conclusion of the change of command ceremony. Geertsema relieved Cmdr. Peter Maculan as the commanding officer during a ceremony on Camp Shields. NMCB 5 is currently supporting Navy and joint forces throughout the U.S. Pacific Command (PACOM). (U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis/Released)

NMCB 5's Colors passed to new leadership

By MC1 John P. Curtis

Naval Mobile Construction Battalion 5 Public Affairs

OKINAWA, Japan -- Naval Mobile Construction Battalion (NMCB) 5 held a change of command ceremony June 7 while deployed to Camp Shields in Okinawa Japan.

Cmdr. Cameron Geertsema assumed command from Cmdr. Peter Maculan, becoming the 39th commanding officer of NMCB 5.

"While visiting [battalion workshops, spaces, and construction sites] I met sharp, articulate Seabees with the cleanest and most organized sites I have ever seen battalions have," said Capt. Dean Tufts, the commodore of Naval Construction Group (NCG) 1 while speaking at the ceremony.

"Even though [Maculan] will always deflect credit and give it to the people under him, you would not be as successful without a great leader guiding you," Tufts went on to say.

During the ceremony, Tufts presented Maculan with a Meritorious Service Medal for his successful two-year tenure as the commanding officer of the Seabee battalion known as the "Professionals."

While under Maculan's leadership, the battalion was deployed two times and one disaster relief response to New York City and New Jersey after Hurricane Sandy devastated

the area. From June 2011 until June 2013, the battalion has worked on more than 70 projects in 27 different geographical areas.

While speaking to the "Professionals" in the audience, Maculan thanked everyone for enduring and accommodating some of the grueling tasks that sometimes came up to help the battalion become a success.

"You are the most cohesive, professional and dedicated Seabees, and I'm proud to have worked with each and every one of you," said Maculan.

The change of command between the two men was solidified by the traditional passing of the colors from Maculan to Geertsema.

Geertsema, a native of San Antonio, Texas, earned a Bachelor of Science in Civil Engineering from Texas A&M University before he received his commission through the Officer Candidate School in Pensacola, Fla.

Prior to assuming command, he was serving as the assistant regional engineer for Navy Region Southeast.

"Thanks to each and everyone for welcoming me," said Geertsema. "I'm humbled and proud to be part of the FIVE family."

Geertsema's operational tours include assignments with NMCB 7, NMCB 133, and the 25th Naval Construction Regiment. During these tours he served as company

commander, detail officer-in-charge, and operations officer while deployed to U.S. Central Command, Southern Command, Pacific Command, European Command, and Africa Command in support of multi-national training exercises, humanitarian aide missions, and combat related operations.

Since his commission, he has earned a Master of Science Degree in Civil Engineering from University of Texas and a Master of Arts Degree from Marine Corps University in Quantico, Va. He is a registered professional engineer in Texas, a certified energy manager, designated a Seabee combat warfare specialist, and a member of the Acquisition Professional Community.

Geertsema is married to the former Julia "Jill" Disharoon of Port Gibson, Miss., and they have four daughters.

Geertsema stood before the Seabees of NMCB 5 and said, "FIVE: family and mission, integrity, values, and esprit de corps are what you have lived by and I will continue to uphold and lead by those tenants as well. I look forward to serving with you 'The Professionals' as we proudly serve our country's Navy combat team with honor, courage, and commitment."

Maculan was selected to be promoted to the rank of captain and transferred to NCG 2 in Gulfport, Miss., as the chief of staff.

WE BUILD ★ WE FIGHT

SEABEE Online

United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES (seabeesmagazine.navylive.dodlive.mil)

Military Community Career Fair

A Career Fair, sponsored by Fleet and Family Support Center (FFSC) Gulfport will take place June 13 from 10:30 a.m. - 2 p.m. at the Naval Operations Support Center (NOSC), building 114 on board NCBC. Bring your resume and be prepared to interview with more than 40 businesses including Huntington Ingalls, Oceaneering, AT&T, Raytheon and CSX Railroad. For more information, contact FFSC at 228-871-3000.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Military Spouse Contributor

Father's Day: Keeping it Simple



My 40-something brain regularly forgets that my sunglasses are perched on my head, can't remember where I parked the minivan, and compels me to walk around my house mumbling to myself, "Now, why did I come in here again?" However, for some unknown reason, I have an incredibly detailed memory of my childhood.

I don't have a perfect chronological recollection of my upbringing; instead, I have an almost photographic memory of certain mundane, seemingly unimportant occurrences like climbing my neighbor's tree or eating dry Tang out of the jar with my licked finger. It's as if I can transport myself back in time and re-experience all the sights, sounds, smells, tastes and feelings all over again.

Sometimes, if one looks at snapshots or home movies, one can artificially remember the events depicted. However, other than a couple shaky 8 mm films in my mother's attic without a workable projector to watch them, and a few yellowing photo albums -- with a clear preponderance of shots of my older brother, I might add -- my family did not regularly memorialize events on film.

Therefore, my childhood memories are totally legit.

A couple weeks ago, I was at Wal-

mart buying cards for Father's Day. Our kids think their Dad is the greatest thing since Double Fudge Cookie Dough Blizzards, so they were happy to help. While they looked for cards, I figured I'd get one for my own father.

I read card after card, but could only mumble to myself, grimace and shake my head. None seemed to fit my complex circumstances. None described our complicated relationship. None communicated the vastly mixed emotions and unique bond that my father and I have.

The kids were done, so I sent them to find a gallon of milk to buy me more time. "Stop overthinking this," I said to myself, "there must be something here that you can send to Dad."

Before picking up another card, I tried to remember how I felt about my dad when I was a kid. Before my marriage to my Navy husband emptied my parents' nest. Before my parents got divorced. Before my Dad resented me for not speaking to him for five years. Before I resented him for breaking up our family. Before we butted heads trying to form a new relationship. Before we had to forgive each other.

I thought back to a time when I was just a kid and he was just my Dad.

As the details of my childhood awoke from hibernation, vivid scenes began to flash in my mind. Dad taking out his false tooth (college football accident) on a family road trip, and talking to the toll-booth operator with a fake hillbilly accent, just to make my brother and I laugh. Dad letting me skip school to go with him to Pittsburgh for business, and me throwing up peanut butter cookies in the A/C vents of his Buick on the way.

Dad lying shirtless on the floor so

my brother and I could draw on his back with ink pens while he watched golf tournaments. Dad lecturing my brother and me at the dinner table on report card day. Dad explaining to the police officer why he was teaching me how to do doughnuts in the icy natatorium parking lot after swim practice one night. Dad handing me an old tube sock filled with tools -- a small hammer, screwdrivers, pliers -- before I left for college. Dad nervously walking me down the aisle at my wedding.

One memory lead to another, and to another.

Then, my mind was seized by one final recollection, which ended my paralyzing over-analysis. I could see my father lifting me from the back seat of our station wagon. I had fallen asleep on the way home, but woke up when my parents pulled into the driveway. I kept my eyes closed and pretended, lazily allowing my arms to drape around my father's neck and my head to lie upon his shoulder. I bobbed gently as he walked through the house and into my yellow bedroom, where he laid me in my mock brass bed, removed my shoes and tucked the covers around my chunky little frame.

I felt him kiss my forehead, and then, he stood there and waited a moment before he turned and left the room.

Suddenly, there at the Walmart, the Father's Day cards on the rack had relevance.

My father raised me, protected me, cared for me, loved me.

I love and appreciate him.

Enough said.

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

Balfour Beatty Communities

Yards of the Month



Magnolia Place I Housing Yard of the Month for June on board NCBC Gulfport. (Photo courtesy of Balfour Beatty Communities)



Pinewood Housing Yard of the Month for June on board NCBC Gulfport. (Photo courtesy of Balfour Beatty Communities)

Community Huddle . . . Join BBC for a Community Huddle June 19, from 5 - 7 p.m. at Rhodes Hall, Building 303. The Resident Energy Conservation Program (RECP) will be the topic of discussion.

Focus on Education

Are you saving enough for your child's college education?

By StatePoint Media

Despite rising college costs, fewer American families with children under age 18 are saving for college. Only 50 percent are doing so today, compared to 60 percent just two years ago, according to "How America Saves for College 2013" a national study from Sallie Mae, the country's largest financial services company specializing in education.

While nearly all parents believe college is an investment in their children's future, only one-third have plans to pay for college. And when asked to describe their feelings about saving for college, parents' top answers were overwhelmed, annoyed, frustrated, scared, or that they don't like thinking about it at all.

Among those not saving, 47 percent cite barriers other than money.

Top reasons included thinking children would be awarded enough financial aid to cover college costs, uncertainty about



They grow up so fast . . . before you know it these recent graduates of the Naval Construction Battalion Center (NCBC) Child Development Center (CDC) will be checking out college course catalogs! (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

which savings option to use, and other concerns.

Slightly more than one quarter of parents who are saving for college use a 529 college savings plan, a tax-advantaged program created to help families save for education expenses. However,

more parents save for college using general funds or CDs, and therefore may miss out on tax incentives offered by 529 accounts.

More information about saving for college is available online at www.salliemae.com/howamericasaves.

Educational News

Center for Personal and Professional Development (CPPD) courses can result in college credit . . . The American Council on Education (ACE) recommends college credits for several CPPD courses, including Personal Development Instructor Skills Training (NEC 9518), Navy Instructor Training Course (NEC 9502), and Master Training Specialist. To take advantage of ACE recommended credits, visit the Navy College Office, building 60 on board NCBC Gulfport or call the Virtual Education Center at 1-877-838-1659.

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

NEX customers make record donations to NMCRS

By Kristine M. Sturkie
NEXCOM Public Affairs

On June 10, Retired Rear Adm. Robert J. Bianchi, Chief Executive Officer, Navy Exchange Service Command (NEXCOM) presented a ceremonial check to Retired Adm. Steve Abbot, President and Chief Executive Officer of the Navy-Marine Corps Relief Society (NMCRS), symbolizing the record breaking \$357,690 donated to NMCRS by NEX customers during a promotional event held in the spring.

"We are happy once again

to represent the thousands of NEX patrons who chose to donate to this Navy and Marine Corps focused cause and we are proud to present this check on behalf of our customers," said Bianchi. "This is the third year customers have been able to purchase benefit tickets to support the Navy Marine Corps Relief Society. Each year, NEX customers have responded with greater generosity and enthusiasm than the year before."

Beginning in March, NEX customers were able to purchase

a \$5 card to benefit the NMCRS. The ticket entitled customers to specific discounts for a one-time purchase on either April 22 or 23.

"We are grateful for this strategic partnership with the Navy Exchange Command," said Abbot. "This generous donation will make a significant, positive impact on the Society's ability to provide emergency financial assistance for active duty and retired Sailors, Marines and their families. Thank you to all those who contributed!"



Retired Rear Adm. Robert J. Bianchi, right, Chief Executive Officer, Navy Exchange Service Command (NEXCOM), presents a ceremonial check for \$357,690 to Retired Adm. Steve Abbot, President and Chief Executive Officer of the Navy-Marine Corps Relief Society (NMCRS). (U.S. Navy photo courtesy of NEXCOM/Released)



Come out to the
Beehive and win
one of these
at the Beehive
Dart Tournament
June 26
7 p.m.



MWR Program contact information

Anchors & Eagles	228-871-4607
Auto Skills Center	228-871-2804
Beehive All Hands Club	228-871-4009
Child Development Center	228-871-2323
Fitness Center	228-871-2668
Information, Tickets & Travel	228-871-2231
Liberty Center	228-871-4684
Seabee Heritage Center	228-871-3619
Navy Outdoor Recreation	228-871-2127
Shields RV Park	228-871-5435
The Grill	228-871-2494
Training Hall	228-871-4750
Youth Activities Center	228-871-2251
Main Office	228-871-2538

Summertime Fun

8 Weeks of Family Fitness Classes
July 13th – August 31th

Fitness Center
Saturday Mornings

All age groups are welcome! Parents must participate with their children.
Join us for one or both!

Call 871-2668 for more information

Aquatic Cardio
1030-1115 In the Pool

Cardio Fun
1130-1215 In the Gymnasium

For more information on NCEC MWR, like us on Facebook!
Or Text CEC7 (or CECMWR) or CEC7news to 30364 to be the
first to know about upcoming events and updates!

Duck, Dive, **DODGE!**



Sign up
today at Fitness
or call 822-5109
for the

ULTIMATE DODGEBALL GAME

OPEN TO
ACTIVE
DUTY

Dodge Ball
Friday, June 28
7:30 a.m.
Fitness Center
FREE

Sign ups are open
to all Commands.

Captain's Cup Points will be awarded.

Contact Sam Perkins
samuel.perkins2@navy.mil
for more details

NCBC Helping Hands volunteer opportunities

EXCEL BY 5 - a community-based certification program designed to improve a child's overall well-being by age five is in need of volunteers for a Children's Health Fair (birth to 5-years-old) June 15, 10 a.m. - 1 p.m. at Jones Park on Highway 90 in Gulfport. Volunteers are needed to help with children's activities, set up/tear down, work at the refreshment stand and help with other miscellaneous duties. Volunteers do not have to

work the entire event - an hour or two would be most appreciated. If you can help out, please contact Geneva at 228-265-2229.

HABITAT FOR HUMANITY - The Mississippi Gulf Coast Habitat for Humanity is asking for volunteers to work during a Veteran Resource Workshop June 18, 4 - 6:30 p.m. at the West Harrison Community Center on Espy Ave., in Long Beach. Volunteers will serve as greeters and register attendees. Point

of contact is Kenya Miniard at kminiard@hfhmhc.org or call 228-678-9100, ext. 1009.

BILOXI VA - The Biloxi Veterans Administration needs eight volunteers to escort residents with wheelchairs to an event on the property July 9. Contact Susan Smith, FFSC Gulfport, 228-871-3640 or susan.smith2@navy.mil to volunteer.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our

centers throughout the Military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This website allows you to keep track of your hours and if you

move to another location your hours will transfer with you to any USO in the world. If you have any questions please feel free to contact USO Gulf Coast's Program Manager, Nicole Lewis at nlewis@uso.org. We look forward to having you on our volunteer team!

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvation-army.org if you have a bit of spare time to help out.

Seabee Memorial Chapel



NCBC Center Chaplains:
Lt. Cmdr. Paul Smith, Chaplain
Lt. Yoon Choi, Chaplain
For more information about Chapel programs,
please call the Chapel at 228-871-2454.

Religious Services

Sunday:

Gospel: 8 a.m., Catholic Mass: 9:30 a.m., Protestant: 10:30 a.m.
Weekday Mass: Tuesdays at 11:15 a.m.

Chapel Offerings

Looking for a church?

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Gospel Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m. on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

Seabee Pantry

The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home.

Praise and Worship

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you are invited to share your gift.

For more information, please contact the Chapel at 228-871-2454.

Pass and ID service information . . . Due to mandatory training, NCBC Pass and ID will have limited services June 14, from 7:30 - 10:30 a.m. Please plan accordingly.

Furlough class . . . Civilian employees facing Furlough are invited to an encore of Fleet and Family Support Center's, "Adjusting to the Economy and a Furlough" class June 17, 11 a.m. - noon.

Moving? Mailing packages? Need a box? Visit the [Recycling Center](#), located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m., and get all the boxes you need for **FREE!**



Questions on recycling? Call 228-871-4031/3336 or 228-871-3001.

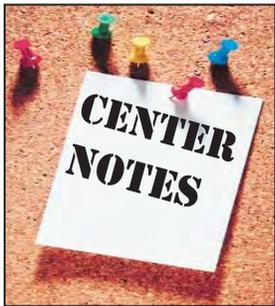


GULF COAST USO

901 CBC 3rd St., Building 114, 228-575-5224

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

FREE Services: Fax - Send/Receive: 228-575-5225, Copies, Snacks and Drinks, United Through Reading Program, Computers with web cams Internet/Email Access, X-Box



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit www.facebook.com/nmcb11frg or email us at nmcb11frg@gmail.com.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at

"NMCB74 Fearless FRG" for details. **NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com. Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families OverComing Under Stress (FOCUS), 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 & solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Gulfport Officer's Spouse Club The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@yahoo.com. We hope to see YOU soon!

Navy Wives Clubs of America, Inc. The Navy Wives Clubs of America, Inc. is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare

of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsofamerica.org for more information on NWCA.

NMCRS

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for more information.

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.

Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more information.

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 the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 228-871-2454 for details.

VFW Post 3937 Long Beach is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

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 more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion

(NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

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

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, please 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., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabee.museum-store.org or call the gift shop at 228-871-4779 for information on all that is available.

Decal FAQ's



Have questions about the new vehicle decal policy? Read the most frequently asked questions and answers at: http://cnic.navy.mil/om/operating_force_s_support/force_protection/Vehicle_Decals_FAQ.html

Watch out for pedestrians . . . Remember, they have the right of way! Unless otherwise posted, the speed limit on board NCBC is 25 m.p.h.

DID YOU KNOW?

Alcohol dehydrates and draws vitamins and minerals out of your body. Alternate drinks with water.

www.nadap.navy.mil

KEEP WHAT YOU'VE EARNED

LADD . . . Leaders Against Drunk Driving

LADD is a program sponsored by the NCBC/20th First Class Association. The mission of LADD is to prevent drunk driving on board NCBC Gulfport by providing rides for any service member who needs assistance getting home after an outing that involves alcohol.

- ~ LADD is strictly confidential. NO REPRISAL!
- ~ LADD will take individual

home only, no stops.
~ Volunteers who stand the watch are on call 24/7.

~ It is always important to have a plan in place when going out in town, but if your plans fall through, please call LADD and we will pick you up!

**100 percent confidential
Zero reprisal!**

Call 228-239-9007

