

SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

July 31, 2014

End of an era ... for now ... NMCB 74 is decommissioned



Master Chief Equipmentman Helen Daniel, command master chief of Naval Mobile Construction Battalion (NMCB) 74 and Builder 1st Class Jonathan Olds, case the Battalion's colors during a decommissioning ceremony on board Naval Construction Battalion Center (NCBC) Gulfport, July 25. Seabees from all eras attended the ceremony, including retired Cmdr. Gordon Schley, commanding officer of the battalion at its recommissioning in 1966. The ceremony included remarks from Naval Facilities Engineering Command commander, Rear Adm. Katherine Gregory; Naval Construction Group (NCG) 2 Commander Capt. J. J. Adametz; NMCB 74's Commanding Officer, Cmdr. David McAlister; and Navy Seabee Veterans of America national commander, Master Chief Jerry Landcastle. A large piece of Seabee history was shared when a 600-piece wooden NMCB 74 logo was dismantled at the end of the ceremony with each active member of the battalion receiving a block. 'Fearless 74' was originally commissioned May 4, 1943, in Williamsburg, Va. After being deactivated Oct. 31, 1945, the battalion was recommissioned during the Vietnam War Dec. 3, 1966. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)

See NCBC Facebook for additional ceremony photos

NCBC Gate hours to change Aug. 11

Effective Aug. 11, gate hour changes will occur on board the Naval Construction Battalion Center (NCBC) Gulfport. The Pass Road gate will remain open 24 hours a day. Broad Ave. gate will only be open weekdays from 6

a.m. to 8:30 a.m. The 28th Street gate (commercial gate) will be open from 6 a.m. to 3 p.m. for inbound traffic and 6 a.m. to 6 p.m. for outbound traffic. Both gates will be closed weekends and holidays.

NCBC to host V2C Job Fair

By **BUCA Elizabeth Mills**
NCBC Public Affairs

Fleet and Family Support Center (FFSC) is hosting a Veterans 2 Construction (V2C) job fair Aug. 6 at the Naval Operations Support Center located in building 114 on board Naval Construction Battalion Center Gulfport. The goal of the V2C program is to create a permanent pipeline for separating military members and veterans to enter the construction trade.

As outlined on the Veterans2Construction website, V2C is a non-profit program which seeks to reduce the veteran unemployment rate and help develop the construction workforce of the future.

Their mission is to serve as advocates within the construction industry for the hiring of veterans. This includes the research and identification of potential jobs, and to serve or partner with firms by assisting them in finding potential employees.

The Naval Construction Battalion Center Gulfport was chosen as the first site for a construction-specific job fair as it is the homeport for the Atlantic Fleet Seabees, the Navy's construction force. Construction companies are interested in hiring veterans. They view veterans as excellent job candidates because of their leadership skills, reliability, teamwork,

See V2C page 7



Naval Construction Battalion Center (NCBC) Gulfport is hosting a Veterans 2 Construction (V2C) job fair at the Naval Operations Support Center (NOSC) building 114, Aug. 6 from 10:30 a.m. - 2:30 p.m. NCBC was chosen as the first site for the construction-specific job fair due to its abundance of Seabees familiar with all areas of the construction trades. For more information on the fair, contact Fleet and Family Support Center (FFSC), 228-871-3000. (U.S. Navy file photo/Released)

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Legal: Collecting on a small claims judgement

By Lt. Charles M. Roman, JAGC
RLSO SE BROFF GLFP

Although tax season is behind us, it is never too late to think about next year, and how you and your spouse can make decisions that will best allow your family to avoid the tax man.

One thing to always remember, tax residency is a separate concept from your home-of-record (an exclusively military designation).

Under the Sailors Civil Relief Act (SCRA), a service member does not pay state income tax in the state where the service member is stationed if that state is not his or her domicile (legal state of residence for tax purposes). Instead, the service member is taxed on military income in his/her state of legal residence.

For example, Seaman Paul, whose state of residence is Florida, does not pay income tax to the state of Virginia from his military income earnings while stationed in Norfolk, Va. Rather, Seaman Paul will be taxed based

on Florida state tax law – which has no state income tax. Furthermore, no matter where Seaman Paul is stationed, Florida will always remain his state of legal residence, unless he changes it.

Until a few years ago, this benefit under the SCRA did not extend to service members' spouses. Every time a service member moved, the spouse's state of legal residence would change and the spouse would be taxed by the state on all income earned in that state. So before, when Seaman Paul moved to Norfolk with his wife Kristen; she became a Virginia resident and the state of Virginia would tax her on income earned while she lived there.

The Military Spouses Residency Relief Act (MSRRA) changed some of the basic rules of taxation in regards to military spouses. Today, the spouse of the military member is entitled to SCRA tax protection for the same domicile (state of legal residence) of the service member - IF the dependent spouse had also previously acquired the same legal domicile.

Translation: if Kristen resided with Seaman Paul in Florida long enough to establish it as her residence when they were ordered to move to Norfolk, Kristen's state of legal residence can be Florida. Moreover, if Kristen works while in Norfolk, she will not be taxed by Virginia – she will be subject to Florida state income tax rate (zero).

Also, Kristen will not be taxed by Virginia on automobiles when they are titled solely in Kristen's name or jointly with Seaman Paul.

Keep in mind two things:
~ The spouse must be present with the service member in the non-domicile state pursuant to military orders.

~ Spouses can keep prior residences IF AND ONLY IF they are the same as that of the service member. Eligible spouses need to designate their appropriate domicile state by filing new withholding forms with their employer. Think about changing withholding forms for next year now!

Remember:

~ The MSRRA does not allow a spouse to pick or

choose a state of legal residence

~ The MSRRA does not allow a spouse to "inherit" or assume a service member's domicile upon marriage.

There is not a standard form to be filled out that allows a spouse to change their residency. The spouse must have lived in the state, have intention to return there, and have a tangible connection to the state.

Connections that need to be established are: voter registration, driver's license, professional licenses, homestead declaration, purchase of residential property, registration or titling of vehicles, and even executing a will under the laws of that state. Basically, you need to show a bono-fide intent to return to the state from which the military has ordered you to move away from. Please, note: it is not necessary to establish all of these contacts, but the more the better.

~ The MSRRA does not allow a spouse to recapture an old abandoned

See **TAXES** page 3

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



Safe Helpline
Sexual Assault Support for the DoD Community

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.SafeHelpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.

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 in the Seabee Memorial Chapel on the first and third Wednesday or 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.

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



Equipment Operator 2nd Class Christopher Lewis, assigned to Naval Mobile Construction Battalion (NMCB) 11, drives a roller to bring the asphalt to its final density and smooth off the surface as they complete a parking lot rehabilitation project of the "mini grinder" on board NCBC Gulfport, July 24. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Rear Admiral Michael White, Commander, Naval Education Training Command (NETC), the guest speaker at the Builder "A" school graduation on board NCBC Gulfport, July 22. White spoke to the new graduating class of Seabees to welcome them to the Navy and to congratulate them on their accomplishments. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Chief Petty Officers wash a vehicle in the Anchors and Eagles parking lot on board NCBC Gulfport, July 25. Chiefs from different commands washed cars as part the Chief Petty Officer's Mess car wash fundraiser. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

From **TAXES** page 2 domicile unless the spouse physically returns to the state with the requisite connections and intent to remain there permanently. ~ The tax exemption for working spouses only

applies to wage income and income from services performed in the non-domiciliary states. Thus, if Kristen sells their Norfolk house or rents out their extra home in Virginia, she will be taxed by Virginia on

this income. Also, Kristen will pay Virginia state income tax on businesses she has opened while in Norfolk.

Legal residency and how it applies to your taxes is a confusing topic and is

detail specific.

This article is not intended to substitute for the personal advice of a licensed attorney. For local assistance, please contact the Naval Construction Battalion Center (NCBC)

Legal Office by calling 228-871-2620 for an appointment. For a listing of legal assistance offices in the Southeast Region, visit: http://www.jag.navy.mil/legal_services/rlo/rlo_southeast.htm

Save the date: NNO set for Aug. 5

By CE2(SCW) Courtney Demastus
NCBC Public Affairs

Imagine you're out in the neighborhood around dusk. Maybe you're walking your dog, walking with a loved one or you're out taking your child for a walk in a stroller. You begin to hear whispers around Mrs. Johnson's house, the widowed woman at the end of the block. You can't see anyone but know you hear the whispers. Could there be a robbery taking place? Do you check up on Mrs. Johnson to make sure? Do call the police or simply walk away thinking it's just the wind?

This is just one of many scenarios that people in communities across the nation wrestle with every day. If you would like to make your neighborhood a safer place to live but don't know where to start, come to National Night Out at NCBC Gulfport.

Balfour Beatty Communities (BBC) of NCBC Gulfport will host a festive block party Aug. 5, 4 - 7 p.m., to be held at the community pool lawn located on Holloway Drive in the Magnolia 1 community for the promotion of National Night Out. The efforts behind National Night Out on board NCBC Gulfport are to bring communities together through neighborhood camaraderie and base emergency personnel partnership.

"National Night Out is a community participation event and an opportunity for our residents to get

out of their homes to meet other residents and the emergency personnel that work on base," said BBC LifeWorks Coordinator and Resident Specialist Lea Ladner.

Balfour Beatty residents and Family Readiness Groups (FRG) are welcome to register and create a block party booth but must do so quickly because of limited spacing. National Night Out is intended for all BBC residents.

National Night Out started in 1984 in the effort of supporting communities to become involved in crime prevention and now involves 37.8 million people and 16,124 communities across the nation and throughout worldwide military bases, U.S. territories and Canadian cities. Ladner hopes to increase those numbers.

BBC plans to have an assortment of block party booths for all residents to browse. The booths will include base security, FRGs, on base home businesses, Wild at Heart and possibly the fire department. Base security will promote tips on staying safe with emphasis on child safety measures. BBC will offer free snowballs, pony rides, face painting, festive activities, a live DJ and preschool supplies. BBC will also feature their LifeWorks program.

"LifeWorks at Balfour Beatty Communities is a unique program that focuses on the health and wellness of our residents," said Ladner. "It's a great way to meet your neighbors, learn about what's



Events such as National Night Out (NNO) allow neighbors to gather and determine what can be done to keep their neighborhoods secure. Balfour Beatty Communities (BBC) is hosting NNO on board Naval Construction Battalion Center (NCBC) Gulfport Aug. 5, 4 - 7 p.m. at the community pool lawn on Holloway Drive in the Magnolia 1 community. All with authorize access to the Center are invited to NNO. (U.S. Navy file photo/Released)

going on in the community, and share experiences."

For more information about National Night Out, visit: <http://natw.org/about/>. For information about LifeWorks, visit: <http://ncbcgulfporthomes.com/community-life/life-works/>.

For more information about BBC National Night Out block party or to register/set up a resident booth, contact Lea Ladner at 228-863-0424, or lladner@bbcgrp.com.

The 411 on dialing 911 on board NCBC



Have an emergency? You may now dial 911 using a land or cell phone on board NCBC Gulfport. In all instances, make sure you identify your location by stating, "My location is NCBC Gulfport" before proceeding with detailed emergency information.



July 31, 2014

Colmer Dining Facility
NEW
Weekend Brunch Hours

Beginning Aug. 2
Colmer Dining Facility
Weekend Hours
Brunch: 9 a.m. - Noon
Dinner: 4 - 5:30 p.m.

Stop Pilferage!

Pilferage is theft of contents from a package, usually by an employee who acts alone and requires little or no planning to complete action. If you think this is happening in your department, call 228-871-2361, Option #3.



Seabee Courier

Sailors train as first responders in suicide prevention

By UTCN Alicia K. Fluty
NCBC Public Affairs

In an effort to reduce the amount of suicides, many military bases around the world are offering Applied Suicide Intervention Skills Training (ASIST). It is a two-day workshop that concentrates on training participants to act as first responders in the event a person comes across someone contemplating suicide.

The ASIST workshop was taught by Commander Navy Region Southeast (CNRSE) Chaplain's Religious Enrichment Development Operation (CREDO) facilitator Dr. Walter Brown, Naval Air Station (NAS) Pensacola CREDO facilitator Bobby Hinton and Mary Lewis, Naval Construction Battalion Center (NCBC) Gulfport'

CREDO facilitator at the Seabee Memorial Chapel on board the Center, July 24-25.

According to Chief Religious Program Specialist Peter Butucel, Leading Chief Petty Officer assigned to Seabee Memorial Chapel, the ASIST workshop is for any active duty or Department of Defense (DoD) civilian who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

"Many Sailors and Seabees could tell you they either know someone who has committed suicide, shown warning signs, or even thought about it themselves," said Butucel. "These occur in all ranks and all ages. Operational stress doesn't discriminate."

Butucel said the work-

shop provides participants with the necessary attitudes, knowledge and skills to recognize persons at risk and to undertake appropriate management or referral of a person who is at risk of suicide. He added that this workshop will benefit Sailors by bringing together all ranks, and teaching not just how to identify suicidal cues, but also to confidently administer the first aid which that person needs.

"Suicide and non-fatal suicidal behaviors, ranging from gestures to suicide attempts, are far more common than most people think," Butucel said. "Almost everyone will come into contact with suicidal behaviors in some significant way during their life. Many people have been trained to administer first aid to people having a



Chaplain's Religious Enrichment Development Operation (CREDO) facilitators from Commander, Navy Region Southeast (CNRSE), Naval Air Station Pensacola and Naval Construction Battalion Center (NCBC) Gulfport, train service members in suicide first response at an Applied Suicide Intervention Skills Training (ASIST) workshop on board NCBC Gulfport. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)

heart attack, but very few know "emergency first aid" for preventing suicide."

There is another ASIST workshop scheduled for Sept. 29 - 30, 8 a.m. - 5

p.m. Those who are interested in attending may contact the Seabee Memorial Chapel at 228-871-2454 or email CREDO_gulfport@navy.mil

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Feds Feed Families Your participation makes a difference!



NCBC food donations as of:
July 30 - 1,873 pounds!

NCBC donation drop off locations:
NEX, Chapel, Commissary, Housing Fleet and Family Support Center, All Quarterdecks, Medical/Dental, Liberty Center

FFF campaign runs through August

Points of contact:

Lt. Cmdr. Roy: 720-466-9746 or charles.roy@navy.mil and BU3 Falls: 228-871-2454 or erin.falls@navy.mil

Buzz on the Street

By BUCA Elizabeth Mills
NCBC Public Affairs

"Why is Seabee history so important?"



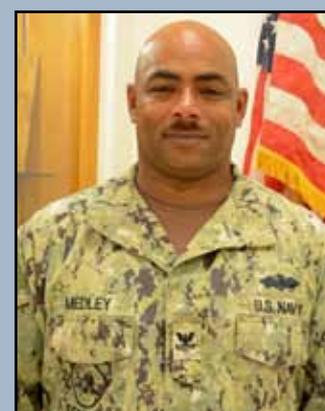
"So we can honor the people before us and what they have done for us."

BUCN Zac Ottinger
Duty Station: NMCB 133
Hometown: Battle Creek, Mich.



"Seabee history paved us an intricate way in the Navy. We do not get enough credit for being Seabees because we do not just build, we fight."

BU2 Belinda Walker
Duty Station: NMCB 11
Hometown: Naperville, Ill.



"History made [us] who we are today."

CM2 Ditrius Medley
Duty Station: NMCB 133
Hometown: Halifax, Va.

Seabee Courier

NMCB 133 Runnin' 'Roos Detail Horn of Africa builds medical facility in Djibouti

By Lt.j.g. Aaron Kulp
NMCB 133 Public Affairs

DJIBOUTI, Africa – Few medical assets are located in the northern portion of Djibouti, Africa, and the nearest medical facility for the remote village of Kalaf is in the town of Tadjourah, a 20-minute drive away. Djiboutians from Kalaf requiring medical attention, including pregnant women, frequently make this journey by foot due to limited vehicle availability.

To help address this issue, a small team of Navy Seabees assigned to Naval Mobile Construction Battalion 133, working in support of Combined Joint Task Force-Horn of Africa (CJTF-HOA), has deployed to the area to construct a maternity ward in Kalaf.

In a country where the maternal mortality rate is currently over 20 times greater than that in the United States, this Civic Assistance mission will have enormous impacts on the village for generations to come.

The Seabees are working to complete a seven-building facility that will house a maternity ward, nursery, bathrooms, cooking area, bedrooms, two buildings for water storage, an incinerator to burn medical waste, and two sewage treatment tanks. Seabees are also installing solar panels that will provide enough energy to support the entire clinic.

The buildings are constructed with structural insulated panels, a composite building material consisting of an insulating layer sandwiched by structural board. These panels allow for quick construction, while still providing the necessary strength to withstand heavy winds and long days of continuous sun, both of which are common to the region.

Previous Seabee units working on the project have conducted demonstrations and worked with students from Centre d'Apprentissage Cardijn, a Tadjourah trade school. The school's technical

trade program serves students ranging from 14 to 18 years of age.

The focus areas of the school are residential electrical, motors and controls, automotive mechanics, welding, carpentry, and masonry.

The school is a two-year program, and the students may elect to continue training in another field of their choice upon successful completion of their first field of study.

Students have visited the Kalaf project site, where they were able to observe concrete placement, residential electrical wiring, carpentry, and welding.

The Seabees at Kalaf have innovatively found a way to ensure that their presence does more than support CJTF-HOA's Civic Assistance mission.

By developing a relationship with the trade school, the Seabees have given Djiboutian students the opportunity to learn valuable skills at an active construction site.

"The Kalaf medical clinic



Steelworker 2nd Class Andrew Heffron and Chief Utilitiesman Dennys Colodro, assigned to Naval Mobile Construction Battalion 133, are assisted by a local interpreter as they escort Tadjourah Health Minister Daud Abdoul during his first visit to the Kalaf Clinic jobsite near Tadjourah, Djibouti. (U.S. Navy photo by Builder 1st Class Aaron Wilde/Released)

is progressing well under the circumstance of the heat every day," said Steelworker 2nd Class Andrew Heffron, a native of Eugene, Ore.

The weather in Djibouti regularly exceeds 110 degrees Fahrenheit in the summer.

"Even though the days are long, the crew comes to work with motivation to get the job done each

day," added Heffron.

The overall effort was summed up best by Construction Mechanic Jacob Toth, from Lincoln County, N.C., who said, "All in all, it is a great job because the end result is helping people."

The maternity clinic will be turned over to the Tadjourah Health Minister upon completion later this year.

NMCB 1 - Okinawa



Seabees from Naval Mobile Construction Battalion (NMCB) 1 conduct contingency construction operations during a project on board Camp Courtney Marine Corps Base in Japan. NMCB 1 is currently deployed to 12 detail sites in the Pacific and Northern Commands as part of its 2014 deployment cycle.



Cmdr. Kemit Spears, NMCB 1 commanding officer, tours one of his deployment jobsites where NMCB 1 Sailors are putting the finishing touches on a communications pad construction project on board Camp Courtney Marine Corps Base in Japan. (U.S. Navy photos by Chief Mass Communication Specialist Kim Martinez/Released)



The Associated Builders and Contractors (ABC) and the Associated General Contractors (AGC) from Alabama, Georgia and Mississippi are sponsoring a Veterans2Construction Job Fair at the Naval Construction Battalion Center, NOSC building 114, Aug. 6.

The goal of the Veterans2Construction initiative is to create a permanent pipeline for separating military service members to enter the construction industry. In doing so, the Veterans2Construction program will help veterans find meaningful, construction related careers and serve as a key workforce development strategy for the construction industry.

Naval Construction Battalion Center Gulfport was chosen as the first site for a construction specific job fair as it is the homeport for the Atlantic Seabees, the Navy's construction force.

Find out more about Veterans2Construction at:
<http://www.veterans2construction.org>

Fleet and Family Support Center (FFSC) Gulfport job fair key partner.
For more information, contact Judith Bradshaw, 228-871-3000.

From V2C page 1

initiative, discipline and maturity.

According to Barbara Jones, director of FFSC, the Veterans 2 Construction job fair is a new initiative targeting separating service members who may be interested in entering the construction field.

"For those already experienced in this area, it is a great chance to meet multiple employers who are looking to hire and for those with little or no experience, it is a wonderful opportunity to enter a new career field since many of these companies offer apprenticeships," said Jones.

The V2C program is a partnership between Auburn University and the Center for Construction Innovation and Collaboration. The program is free to both veterans and participating partner firms.

Jones added that some employers attending the job fair are ready to hire. Those who do attend should come prepared to interview!

For more information contact FFSC at 228-871-3000.

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A poster for the Veterans2Construction Job Fair. It features the V2C logo at the top, followed by the text 'Veterans2Construction Job Fair' in a bold, dark blue font. Below that, the date 'Aug. 6' is written in a large, bold, red font. The time '10:30 a.m. to 2:30 p.m.' is also in a large, bold, red font. The location 'Bldg. 114' is in a large, bold, red font. The venue 'Naval Construction Battalion Center Gulfport' is in a large, bold, red font. At the bottom, it says 'For more info contact Judith Bradshaw at 228-871-3000' in a large, bold, red font. The background is a light brown, textured surface.

VETERANS2CONSTRUCTION

Veterans2Construction Job Fair

Aug. 6

10:30 a.m. to 2:30 p.m.

Bldg. 114

Naval Construction Battalion Center Gulfport

For more info contact

Judith Bradshaw at 228-871-3000

The Veterans-2Construction mission is to:

- ~ Serve as advocates within the construction industry for the hiring of veterans.
- ~ Research and identify best practices in the hiring of veterans.
- ~ Serve our Partner firms by assisting them in implementing these best practices.

Seabee Courier

In step with NMCB 11



Chief Construction Electrician Eric Montag and Construction Electrician Constructionman Maxwell Mandock, assigned to Naval Mobile Construction Battalion (NMCB) 11, fill out a situation report during a command post exercise on board Naval Construction Battalion Center (NCBC). This training is a part of NMCB 11 homeport training period, which heightens knowledge base, essential mobility skills and command readiness. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/ Released)



ANDROS ISLANDS, Bahamas – Construction Electrician Constructionman Keith Spoon assigned to Naval Mobile Construction Battalion (NMCB) 11 paints parking curbs at the Atlantic Undersea Test and Evaluation Center. This deployment is a part of NMCB 11 homeport training period, which heightens knowledge base, essential mobility skills and command readiness. (U.S. Navy Photo by Ensign Jason Burke/Released)



Force Master Chief Christopher R. Levesque (Force Master Chief Petty Officer of the Seabees) talks to the Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11. Levesque addressed the topics of decommissioning battalions, advancement and overall quality of life for the Seabee community. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael C. Barton/ Released)

July 31, 2014

See Something Wrong, Do Something Right

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone.
2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP."
3. Begin dialogue. To report information ONLINE:

1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



Seabee Courier

Focus on Education

USNA 2014 Summer Seminar: Beyond the Ordinary

By Lt. Teng K. Ooi, Ph.D.
U.S. Naval Academy and
Retired Capt. Linda J.
Beltra, M.D.

Each year in June, the U.S. Naval Academy (USNA) invites a select group of young men and women from around the nation to attend the Naval Academy Summer Seminar (NASS). This fast-paced, six-day leadership experience is designed to give rising high school seniors an opportunity to see what the Naval Academy has to offer.

At the core of the NASS is the academic program: 90-minute workshops designed to promote problem-solving skills using critical thinking, optimization, innovation, creativity, and team work.

Students choose eight workshops from a wide range of subjects to include: Information Technology, Math, Meteorology and Oceanography, Robotics, Computers and Naval Weapons Systems, Electrical and Biometrics Engineering, Ship Behavior in Waves, Ocean Engineer-

ing, Cyber Operations, Mechanical, Aeronautical, and Astronautical Engineering, Chemistry of Photography, Chemistry, Foreign Languages, History, Political Science, Introduction to Literature, Economics, Physics, Character Development Seminars, Martial Arts and Seamanship and Navigation.

Students participate in project-based modules presenting a "hands-on, real-world" approach to solving design and analysis problems at the Naval Academy's world-class laboratory facilities. These facilities provide a unique learning environment outside the traditional classroom.

The academic staff is strongly committed to the project, with departments sponsoring several different workshops.

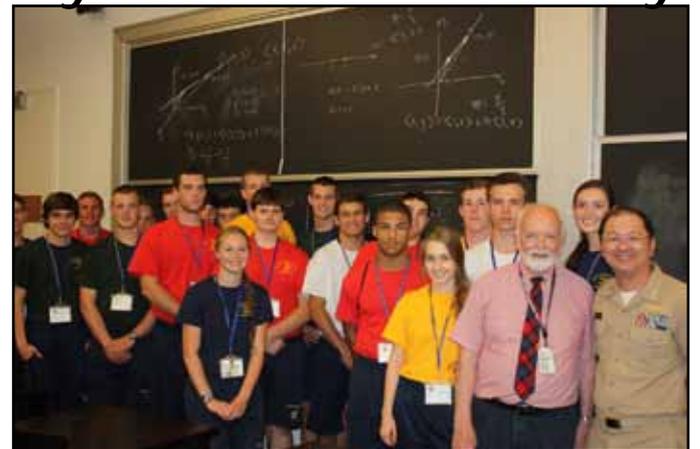
The Mathematics Department, for example, held workshops on: Game Designer Challenge: Spot It, What is the sine of 54 degrees?, Cool Math: Amaze Your Friends!, Image Compression Using Matrices, Math Jeopardy,

Logic Puzzles, Taxicabs and Sums of Two Cubes, Fun with Encryption, Calculus III-Equations of Lines in Space, The NFL Passer Rating, Black Holes, Big Bangs, and Cosmic Strings, and Peg Jump Puzzles.

"The young people get inspired when they understand the practical applications of math and science and see how analytical tools out there can solve complex problems. We are developing and building tomorrow's Navy scientists and engineers at the Naval Academy today," said Adjunct Professor Wayne Ehler, creator of the Mathematics Department workshop, Equations of Lines in Multidimensional Space.

This workshop introduced the use of vectors to derive equations of lines and planes in three-dimensional space. These equations were then used to describe the paths and motion of objects such as an airplane moving in space.

Morgan Wade, rising senior from Athens Drive High School, Cary, N.C., sums up the experience;



U.S. Naval Academy (USNA) 2014 Summer Seminar students gather at a Mathematics Department workshop with Adjunct Professor Wayne Ehler, third from right. (U.S. Navy photo by Lieutenant Teng Ooi/Released)

"I have learned so much from attending the academic workshops. They helped me discover new majors I had never considered before, and introduced me to college level curriculum and classroom expectations at the Naval Academy. The professors were all very inspiring."

To round out the experience, students live in the dormitory, eat in the dining hall and participate in academic and leadership workshops. They also participate

in daily physical training including group runs and conditioning exercises. Seamanship and navigation classes culminate in a cruise aboard a Navy Yard Patrol Craft.

The program helps educate, motivate and prepare selected students who are considering application for appointment to the Naval Academy.

For more information about the NASS program, please visit: www.usna.edu/admissions/nass.

Higher Education Workshop

Two day workshop designed to guide you on:

- ❖ choosing a degree program and a college institution
- ❖ understanding funding issues
- ❖ evaluating military credits
- ❖ completing the admissions process

Fleet and Family Support Center

August 19 - 20
8 a.m. - 4 p.m.

•Call (228) 871-3000 to register.

•Helpful to military retirees or separating members planning to seek higher education.

Education Notes

Coastline Community College Registration
Registration for Coastline Community College's Fall "A" term is now open until Aug. 19. The Fall "A" term begins Aug. 25, and ends Oct. 19. Additional information may be obtained by calling Dr. David Drye, 228-871-3439. DDRYE@COASTLINE.EDU or visiting the Navy College Office in Building 60, room 239.

Tuition Assistance Available
Tuition Assistance is still available and covers 16 semester hours (\$250), 24 quarter hours (\$166.67), or 240 clock hours (\$16.67) per fiscal year. Interested Sailors Should discuss their options with the Command Educational Services Officer (ESO) and their chain of command. Sailors must ensure that the school they wish to attend is accredited and authorized. For more information, visit the Navy College office in building 60, or https://www.navycollege.navy.mil/ta_info.aspx.

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

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Good "old" summer vacation

I don't "need a vacation from my vacation," but after two weeks in a beach cottage with my extended family, I could really use microdermabrasion, arthroscopic knee surgery, a colonic and a full course of psychotherapy.

Vacations just aren't the same when you get older. When I was a teenager, I came home from my family's beach vacations with nothing more than a peeling nose and maybe a few deck splinters.

But now that I'm in my forties, simple vacation activities like sunbathing, swimming, and paddleball leave me in need of urgent medical attention.

My family and I left the safe little confines of our military base housing two weeks ago, and drove the 12 hour trek down the East Coast to the Outer Banks of North Carolina. Just like every year, our family of five, along with my mother, my brother and his family of five, packed ourselves like lemmings into our modest 1970s beach cottage.

At the beginning of the vacation, the adults envisioned getting up with the sun every morning to jog along the bike path where other vacationers could see how disciplined we are. As planned, I got up early the first morning, and picked a jogging outfit from the stack of workout clothes I'd ambitiously packed for the trip.

Of course I had to have coffee before setting out, but not enough to awaken my digestive tract. Then, I announced loud enough for everyone to hear, "I'm going on a run!" and let the screened door slam



behind me to ensure that anyone within earshot would be impressed that I'm one of those people who run at the beach.

Twenty minutes later, I was only about a mile from our cottage, soaked in sweat and frantic that my bladder might give way. Thankfully, a Port-a-potty at a tiny public park saved me the humiliation of ducking into someone's shrubbery. I slowly stumbled back through the dunes to our cottage, picking up the pace to a jog only when passing witnesses. I was happy to see four blisters on my feet when I got home, because I knew they would serve as an adequate excuse to not run again during our vacation.

Later that week while lounging on the beach, the adult women did a sort of reenactment of the Quint-Hooper-Brody-drunken-scar-comparison scene in "Jaws" when we took turns pointing out our liver spots, barnacles, and moles. Despite our rational conclusion that sitting out in the sun would only age our skin faster, we all agreed with the old adage that "tan fat is better than white fat" so we stayed out late into the afternoon.

Sometime at the end

of week one, I made the mistake of agreeing to play beach volleyball. Soon after taking my position as right side hitter, I was forced to jump four inches off the sand to block a shot. This simple move caused my knee to slightly hyper extend.

For the remainder of the vacation, while engaging in simple activities such as paddle ball and wading in the ocean, I was on alert that my weakened knee might buckle backwards like some kind of old Barbie doll.

The other adults in our family suffered similar old age vacation injuries, while our kids frolicked carefree. By the end of week two we had collectively accumulated one wobbly knee, five ugly blisters, a swollen wrist, a strained achilles, three bruises of unknown origin, and four cases of heartburn. The anti-inflammatories and antacids were being dolled out like candy, along with some embarrassing over-the-counter remedies to deal with digestive back up from all the overeating.

Even though we don't experience vacations the same way we did when we were young, perhaps the benefit of being so weathered, worn and weary after two weeks at the beach is that it is actually a relief to get back to life's daily grind.

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

Health Watch

Did You Know? Appointment protocol for NBHC patients

Courtesy of Naval Branch
Health Clinic Gulfport

Naval Branch Health Clinic (NBHC) Gulfport strives to provide the best healthcare in the Gulf Coast region, making the patient our primary mission. Our staff and primary care providers serve over 20,000 beneficiaries from Pascagoula, Miss., to Slidell, La.

If you find yourself unable to keep an appointment, NBHC Gulfport has several avenues for you to cancel and/or reschedule your appointment 24/7. Please consider using any of the following three ways to cancel your appointment:

- ~ NBHC Gulfport appointment Line @ 228-871-4033
- ~ Nurse Advice Line at 1-800-Tricare option 1
- ~ www.Relayhealth.com

secured messaging system
Canceling an appointment by using any of these methods saves us all time, money, and allows you to reschedule

your appointment to a time more convenient to your schedule.

You'll also be helping the quality of life of your fellow military families by freeing up an appointment slot they may be able to use.

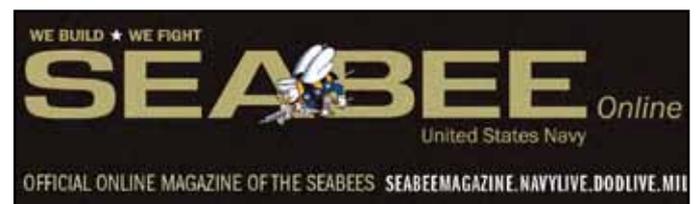
"Like" Naval Branch Health Clinic Gulfport on Facebook!

The page is frequently updated with medical news and information, upcoming events, Tri-Care updates and other interesting Navy news. Please go to Facebook, search "Naval Branch Health Clinic Gulfport", click "LIKE."

Note: If two pages come up in search results, it will be the one without "Mississippi" after Gulfport.



Keep What You've Earned (KWYE) . . . As a Sailor and member of the community, it's your responsibility to make it a safe place. In the summertime, kids often play games or ride bikes on neighborhood roads. Keep the kids of your community safe by not drinking and driving.



NCBC Helping Hands

CASA (COURT APPOINTED SPECIAL ADVOCATES) for CHILDREN are asking for five – 10 volunteers to move furniture and paint offices spaces at 47 Maple Drive, Gulfport, Aug. 1 or Aug. 8, 8 a.m. – 4 p.m. Point of contact is Dory Heesch, 228-865-7078 (office) or 713-494-9747 (cell).

CITY OF GULFPORT BACK TO SCHOOL HEALTH/WELLNESS FAIR/FUN RUN - The City of Gulfport is looking for volunteers for the Back to School Health and Wellness Fair and Fun Run at Jones Park, Aug. 2. Anyone interested in setting up a booth to demonstrate health and/or wellness associated with the military, or possibly set up a military-style obstacle course contact Katie King at: 228-868-5883.

SPECIAL OLYMPICS – Naval Construction Battalion Center (NCBC) is hosting a Special Olympics Aug. 23, 9 a.m. – 2 p.m., rain date: Aug. 30. The games will be held on the fields adjacent to the Fitness Center. Military or civilian volunteers are needed to ensure a successful event. Volunteers are needed to assist with setting up/tearing down event, escort athletes, run games, coordinate games and to register and score events. Two or more volunteers with MTRV Cargo and/or Loader licenses to pick up, offload and set up equipment and generators are also needed. For more information or to volunteer, please email Senior Chief Mass Communication Specialist Jeff Pierce at: Jeffrey.j.pierce1@navy.mil.

ADOPT A GRANDPARENT - Volunteers are needed to visit senior citizens Sept. 6 at either 10 a.m. or 3 p.m. in celebration of Adopt a Grandparent Day. Volunteers will visit the elderly in nursing homes and senior living facilities in Harrison, Hancock and Jackson counties. Volunteers may sign up at the United Way of South Mississippi Volunteer Center, volunteer.unitedwaysm.org, through Interfaith Partnerships or at www.marstonrogers.com.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for

needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR HELP - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

For 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.lindleymcgerr@navy.mil. Check out the new and improved website at: https://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html

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!

Seabee Memorial Chapel

Religious Services Sunday:

Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesday: 11:15 a.m.



NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

For more information about Chapel programs, please call the Chapel at: 228-871-2454

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

What's happening at the Chapel?

Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Practice: 5 p.m. (childcare available via volunteers)
- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

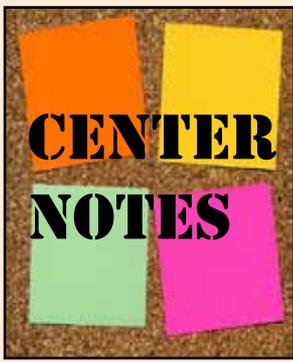
- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

Meetings:

Chapel Council meetings
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

Quarterly "State of the Chapel" meetings

The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The meetings will be at 5 p.m., for approximately 30 minutes Aug. 4 and Nov. 3.



**SUPPORT
Family Readiness
Groups**

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

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

NMCB 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 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@focus-project.org

Gulfport Officer's

Spouse Club The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc.

The Navy Wives Clubs of America, Inc., is interested in re-establishing 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, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long Beach

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

The Ladies Auxiliary to the VFW Post 3937 Long Beach

would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

VFW Post 4526 Orange Grove

is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construc-

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

D.A.V. - Disabled American Veterans, Chapter 5

invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information. **Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store

is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.